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JUNE, 2014
VOLUME 11, ISSUE 6
Edition 128

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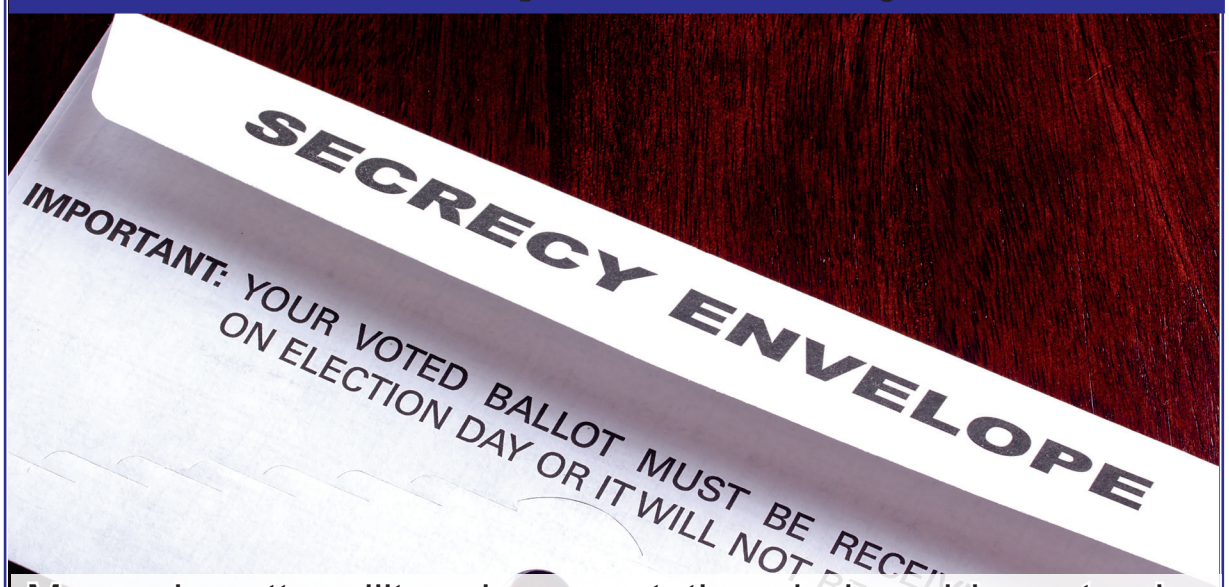
MA Military Ballots No Longer Secret

Christine Morabito Exposes MA's Dirty Little Secret



Massachusetts military heroes stationed abroad have to sign away their right to a secret ballot.

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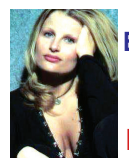
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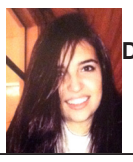
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VALLEY PATRIOT OF THE MONTH

DR. RICHARD MOORADKANIAN, U.S. ARMY, 1953–1953

Helen Mooradkanian
VALLEY PATRIOT HERO COLUMNIST

Dr. Richard Mooradkanian, U.S. Army, 1953-1955, was my trusted military advisor who critiqued each "Hero of the Month" column I wrote before I sent it to press. For the past two-and-a-half years, his wisdom, counsel, and insight guided me in my columns for "The Valley Patriot." When Richard passed away on March 22, 2014, I lost not only my counselor but also my brother and my best friend.

Richard was a student of history. He had the innate ability to put battles, military campaigns, generals, and government leaders into perspective. He saw the Big Picture. The sweep of history. He had a phenomenal memory for details. His anecdotal information made battles and campaigns come alive. He filled in the gaps left by the military textbooks and websites I always used.

Richard left college and entered the service on December 1, 1953. The Korean War had seen some of its bloodiest fighting during those last two months before the armistice was signed on July 27. The armistice ended the fighting but did not end the war. The cease-fire was only temporary, and cease-fire negotiations extended for many more years, as Army historian, Andrew Birtle points out.

In the Army, Richard trained with the heavy artillery. His hands were prepared for war.

At Brown University, as a history major, Richard was trained to discern and understand the times.

In studying the rise and fall of nations

MOORADKANIAN: PAGE: 34

Dr. Richard Mooradkanian, U.S. Army, 1953–1955, patriot and watchman on the wall, understood and discerned the times we live in from the perspective both of a military man and a student of history. He served as my unofficial military advisor for every "Hero of the Month" column I've written since August, 2011.

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Six Years Later Obama is "Transforming America"

It seems like there is a new scandal every single day highlighting the neglect, incompetence or corruption in the Obama Administration.

The Obama-lead IRS targeted people for their political beliefs to get revenge for opposing Obama's politics. The Obama Justice Department routinely persecutes political foes of the administration and tapped phones, read the emails and invaded the privacy of (among others) Fox News journalists and reporters at the Associated Press.

Under the Obama Administration, the National Security Agency was caught tapping phones, reading emails of American citizens, tracking cell phones, spying on ordinary Americans, and storing everyone's social media entries in a government database.

There was Fast and Furious, where the Obama Administration allowed guns to be sold to arms dealers and drug lords, one of which was used to murder a border patrol agent and countless others.

There was Obama's classifying of the Ft. Hood Muslim terrorist attack as "workplace violence" in a scheme to defraud our servicemen the healthcare and other benefits they deserved.

Then there was Benghazi, Libya.

President Obama's supporters distract and deflect the public from each scandal with phony excuses and attacks on their critics. Racism, blaming the Tea Party, George Bush, the Koch brothers, republicans, and evil the 1%.

We blame President Obama.

After all, he did promise to "fundamentally transform the United States of America." Some of us took him at his word.

We can barely be surprised that a man who worships Eastern European liberalism would spy on the press, the public, curtail free speech, open up the jails, open the borders, borrow more, spend more, and obsess on social issues like abortion, and gay benefits while ignoring real threats.

That's what Eastern European socialist (aka modern day liberals) do.

They are ideologues that despise American military superiority, blame America for the ills of the world, have disdain for Israel and are hostile towards traditional American values.

On that charge one only needs to look at the two most recent scandals to see that it is true.

The Obama Administration has been exposed for keeping secret waiting lists, and abusing our veterans at the VA Hospitals. We also learned that the president was well aware of the conditions at the VA and did nothing about it. In fact, Obama's policies made it worse.

But the icing on the cake was releasing five Muslim terrorists from GITMO. These modern-day Nazi's are leaders in the fascist Taliban. Their stated aim is to exterminate the Jews, destroy the U.S., and force the world to convert to Islam, or die.

Political rhetoric and excuses aside, six years into his presidency we are starting to see the beginnings of Obama's grand, national transformation.

The results are: servicemen getting picked off at home, then being abused at the VA, the deconstructing of the constitution, terrorists being freed, more dead Americans, attacks on the free press, free speech, decimating the military at all levels, siding with our enemies and turning our friends.

That's what Obama stands for by his own actions. That's what the national Democrat party stands for by theirs.

Next time we hope you will choose more wisely.

Real Heroes – by Jeff Katz

Jeff Katz

VOTED AP's BEST RADIO TALK SHOW HOST
VALLEY PATRIOT EDITOR'S CHOICE AWARD

Memorial Day always reminds me of my favorite veteran, my Dad. While my Dad was long past his active duty days by the time that I came along, he often shared with me the lessons he gained as a result of his Army service. He spoke of honor, integrity, duty and love of country. He reminded me time and again, that there are things to be done simply because they are the right things to do.

I remember to this day, an experience of some thirty plus years ago. I was a small child when my family traveled to a service at the Chapel of the Four Chaplains in my hometown of Philadelphia. A group of men and women were being honored for acting in a manner reminiscent of the fabled Four Chaplains. Among the honored was my father.

While the speaker saluted my father and his heroic actions in rescuing an elderly woman from a burning building he also recounted a story which I had never heard before. This gentleman spoke about how my Dad had every tooth in his mouth broken out and had also lost the sight in one eye as a result of injuries sustained while serving in Korea. Later that day, as I asked my Dad about this, he simply said he was the lucky one because the other man in the jeep never made it home at all. We never spoke of it again.

I think of this story every time I visit my Dad who now rests with his comrades in arms at the South Florida National Veterans' Cemetery. I only knew of his sacrifice because someone else told me about it.

Real heroes don't tell you what they have done and they do not ask for thanks. That is why when I stand with my sons, each of us in our Scout uniform helping to honor the memory of the fallen as part of a ceremony at a local cemetery, I find my eyes filled with tears and my heart with pride when so many real heroes offer thanks to my sons for coming out to offer a salute to them. I am so very proud of my sons and I stand completely humbled just to be among some of America's best. No, real heroes never do ask for thanks but I hope they can still hear all of us offering thanks loud and clear.

Follow Jeff Katz on twitter @jeffkatzshow and on facebook.com/radiokatz

Valley Patriot Columnist Jeff Katz was selected as the Cubmaster of the Year for the Great Eastern District - Yankee Clipper Council for his exemplary leadership of Pack 55 in Swampscott. He is also the recipient of The Valley Patriot Editor's Choice Award (2014). You can email Jeff at radiokatz@aol.com

The Valley Patriot is published monthly before the tenth of each month by The Valley Patriot, Inc., 75 Main St., North Andover, MA 01845.
All contents Copyright (c) 2012, Valley Patriot, Inc. All rights reserved.
Subscriptions are $50 per year and sent via U.S. Mail.

POSTMASTER: Send address changes to Valley Patriot, Inc., POB 453, North Andover, MA 01845.

Letters to the editor, columns and op/eds can be submitted to valleypatriot@aol.com. The Valley Patriot is not responsible for the opinions expressed in submitted letters or columns. It is the policy of The Valley Patriot not to edit or exclude submitted material based on content.

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Don't Wait! Start Your Own Newsroom Today

AL GETLER
VALLEY PATRIOT COLUMNIST

This is the way it once was in cities across the USA.

If you had an event or an interesting story occurring for your business, non-profit or community group. You or a member of your staff or group would write a press release and email it or snail-mail it to the editor of the local daily newspaper.

After a few days you either received a call back from the editorial staff of the newspaper to check a few facts or even set up a time to do an interview. The newspaper might even send someone to cover the event or story and, if you really hooked them with your press release, a photographer came out and took pictures. As a result, you might receive coverage in the printed paper and on the website.

Often, and at the very least, a version of the press release would get coverage in the news briefs area of the newspaper or on the newspaper's website.

Regardless of the outcome, your well-written and interesting press release usually received some sort of attention from your local daily newspaper.

Today, many newspapers just don't provide that level of coverage. They do not have the staff nor the room in their printed newspapers. This is not true for all newspapers. Some newspaper companies are trying to be innovative and recommit to the coverage they give their communities. Others seem to have given up forever making it a case of what once was.

THE NEW NEWSROOM

In my role as a marketing and media consultant (and former newspaper publisher), I am often asked how one draws attention to their business, non-profit or event if the newspaper can't do it?

The answer is that you can start your own newsroom and publish your own stories using your website, social media and video channels.

Here is what I would do:

WordPress has made the publishing of information through blog posts very easy for even the novice user. Give me an hour and I can put an attractive website in place on the WordPress platform for your organization and you would be off and running in no time, producing your own searchable news.

Once you write your first story or blog post, I will then teach you how to blast your work out on your existing Facebook, Twitter, LinkedIn, Instagram and other social media accounts. And if you don't have these yet, not to worry, we can put them in place quickly and easily.

Next, using a video camera, even the one on your smart phone camera, we can produce a video for YouTube. YouTube videos are searchable, fun and you can embed the videos right on your website. Not only that, videos can be spread out across social media allowing people association with your organization to spread the word.

Audience size matters

A good assumption is that you do not presently have the audience size of a daily newspaper. And, while that assumption could be true, consider the action of "sharing" when it comes to your Facebook friends, Twitter followers, etc.

When one person shares another person's content, that content reaches a bigger audience. If multiple "shares" occur, it does not take long for your content to be shared to tens of thousands of people. Before long your audience is as big as or even bigger than the daily newspaper. If the content goes viral it has the potential to be viewed by millions of people.

QUALITY CONTENT ATTRACTS THE RIGHT READERS

Newspaper editors are paid to do one thing very well. They are paid to identify content that people will find interesting and either assign staff to report on it or pull it down off a service like the Associated Press. In my opinion, there is nothing like a well edited newspaper when it is placed in the hands of a talented and seasoned editor. When that editor works with designers and copy editors, a great looking newspaper and website are produced. Without these people in place, the newspaper simply looks disjointed and feeble. Newspapers and newspaper websites can quickly lose readers when they are produced on the cheap. They become less interesting and less engaging. This leaves the door open for you.

Your job in your newsroom will be to try and create small pieces of quality content that will interest your readers. Add photos and the videos I mentioned and you will quickly grab the attention of the readers that care about your content. You won't need tens of thousands of readers.

Salvatore's Restaurants and Sal's Pizza owner, Sal Lupoli, with Valley Patriot Columnist, Al Getler, and President of the Merrimack Valley Chamber of Commerce, Joe Bevelacqua.

You will only need the readers that want to hear what you have to say.

Add the functionality of your audience being able to subscribe to your website via email, and you are now talking directly to your audience while providing content that matters in their lives.

Google makes it local and mobile

The web is filled with content, so you may be wondering how your content will be found. Google and other search engines are way ahead of you.

Your information is found locally using a few easy methods to identify where you are located. When someone searches for information locally that matches your content, your search result gets priority. The ability to be found by search engines does take some time and effort, but the payback is well worth it.

Having a mobile website is now key to having viewers and readers interact with your content. This can easily be accomplished during the initial set up of your WordPress website by making a few simple and wise choices. Do not underestimate the importance of mobile, especially in the Boston market. We interact with content primarily through mobile. There are a few out of towners that don't seem to get that.

THE VALLEY PATRIOT STILL COVERS YOU

I do have to hand it to Tom Duggan. Despite the fact that The Valley Patriot is not a daily newspaper, Tom manages to fit a lot in the newspaper and on the website. Further, Tom breaks news on his Facebook and Twitter feeds while often beating the local daily newspapers, TV stations and websites.

You should send your press releases to Tom via email. I'm sure if he can fit it in the paper or the website he will. Tom's practically a one man band, so be sure your submission is well-written and edited leaving little or no work for him to process it.

OPEN YOUR NEWSROOM TODAY

Begin today. Start by learning how to write blog posts (stories, press releases) or find someone in your organization that can. The sooner you realize it is up to you to spread the news about your business, non-profit or organization, the better.

Please reach out to me if you need help. You can reach me at algetler@ellieonwheelsmedia.com

Al Getler is the president of Ellie on Wheels Media, a company that helps businesses with their marketing and media messages. He is the former publisher of The Eagle-Tribune, The Salem News, The Gloucester Daily Times and the Newburyport Daily News as well as the several weekly newspapers and magazines that make up the North of Boston Media Group. See his website at www.algetler.com.

(I was a newspaper guy for 30 years, most recently as publisher of The Eagle-Tribune and North of Boston Media Group newspapers and websites)

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Andover in History

Anne Knowles
ANDOVER COLUMNIST

Andover is an amazing New England town. For local residents as well as visitors there is always something to do, history to read, or just a walk through town to admire the homes, Main Street, or a special event.

For instance while I was re-reading Evangeline, a wonderful epic poem about the Acadians in Nova Scotia and their forced deportation to Louisiana, I remembered that some Acadians were transported to the British colonies. The French settlers of Nova Scotia were required by the British authorities to take an oath of allegiance to England. This was a point of enormous importance, because the French settlers, for several years had been considered "neutral subjects".

This meant that they could practice their religion, and would not bear arms against the English. However, in 1755, after France lost territory to England, and due to the politics of the time, New England became a destination for many Acadians. So, since Andover is one of my favorite places, a quick perusal of Acadians-Andover, and I found that Andover became "host" to some of the people from Acadia.

Several towns in and around New England were required to provide food and shelter to these refugees. The Acadians had been industrious and skilled farmers in Canada. But, since the order of deportation, they had seen their homes destroyed, their personal property confiscated and their families separated.

Andover became home for some, with some of the children being placed in Protestant families while the adults endured servitude or were imprisoned. While initially there was distrust and hostility to the Acadians, goodwill between the town and the refugees became for the most part, a truce. This period of American history, coming as it does, twenty years before the Revolutionary War, enlightens us as to the dynamics of the time.

The Town of Andover is woven into the fabric of American history. It is such a great place to live or visit. The people of Andover have such a treasure from the past and such a destiny for the future.

ANDOVER EVENTS

Andover Youth Services is geared up and ready for a busy summer. This organization has numerous activities for young people Grades 5 through high school. The website at andoveryouthservices.com has an excellent information presentation for many of the special events available. Some events may require advanced registration. The AYS is a long honored program for Andover Youth. They are located at 3 Pearson St., Andover, MA, or call 978-623-8241.

The Andover Farmers Market will open Saturday June 21 from 10am until 2pm on the grounds of the Andover Historical Society, 97 Main Street, Andover Center. This year's produce, food and vendors will be a must visit for residents and visitors alike.

The Department of Community Services has many activities for all ages. They can be found at andoverma.com – Community Links page. The DCS has information and schedules for anyone who wants to partake in this summer's programs.

The Center at Punchard Senior Center, located at 30 Whittier Court, invites all seniors to visit the center or their website, andoverseniorcenter.org for information on all the fun and activities the center provides. They encourage all seniors to read their monthly newsletter, which can be accessed on line.

Visits to the Memorial Hall Library, Andover Center are encouraged for parents and their children. Several activities are available for youngsters of all ages. Their website will have a current list of programs, mhl.org, and then click on kid's room.

Have a wonderful summer.

DiZoglio's "Lantigua Bill" Signed by Governor

Local Candidates Can no Longer Appear on Ballot if They Violate Campaign Finance Laws

Tom Duggan
VALLEY PATRIOT PUBLISHER

Massachusetts Governor Deval Patrick has signed what has been called "The Lantigua Bill" by some lawmakers after the former Lawrence Mayor refused to file his campaign finance reports with the state's Office of Campaign and Political Finances.

The new law, authored by State Representative Diana DiZoglio (D-METHUEN), will prohibit candidates for municipal office from having their name appear on the ballot if they are in violation of the state's campaign finance laws.

DiZoglio filed the bill in her first week in office back in 2013, after Lawrence residents complained that state officials couldn't have their name on the ballot if they violated campaign finance laws but Lawrence Mayor Lantigua hadn't filed reports in four years and was still able to run for local office.

House Bill 3760 was passed unanimously by the House and Senate.

"Candidates in municipal elections will now be held to the same standards as those running in state and county elections," said DiZoglio, who represents portions of North Andover, Methuen, Lawrence and Haverhill.

DiZoglio said that candidates for office are required to register all of their campaign finance activity (spending, fund raising, etc.) with the State's Office of Campaign and Political Finances (OCPF).

Former Lawrence Mayor William "Willie" Lantigua refused to file campaign finance reports but still able to run for office.

"During my first week in office, some of my constituents in Lawrence raised serious concerns over loopholes in commonwealth's campaign finance laws. There was no repercussion, no penalties for local candidates who violated the law and refused to file their campaign finance forms with OCPF. If a state representative or a candidate for governor doesn't file, their name can't appear on the ballot. But municipal candidates could still run over and over even if they refused to file."

"In Lawrence we had a situation [with Lantigua] where campaign finance requirements were not being met. That was unacceptable, and I am very grateful that my colleagues in the House and Senate saw the wisdom in having consistency in the laws for state and municipal candidates for office," DiZoglio said.

Under the new law, penalties for refusing to file or refusing to pay fines have been increased to $25 a day for every day they are late after the filing deadline. That

LANTIGUA BILL: PAGE: 23

Activities, Announcements North Andover Senior Center

Volunteers are needed! Join us on the Old North Andover Common for The 4th of July Road Race beginning at 8am. The race will be hosted, managed and directed by the Borderline Running Club (BRC) with 100% of the net proceeds to benefit the Friends of the North Andover Senior Center. For more information about sign up for the 5K/10K Run/Walking Groups/and Kids Fun Run, please visit the website at http://www.northandover4thofjulyroadrace.com.

LOOK WHAT'S BACK! Monthly Day Trip to Foxwoods! Comfortable, clean motor coach that leaves from St. Michael's church on the 2nd Tuesday of every month. First trip scheduled for June 10th. Must have 28 persons for the trip to run. Sign up with reception, $35.00.

UPCOMING EVENTS:

TUESDAY NIGHT DINNER BUFFETS: The second in a monthly series of dinners being offered at the Senior Center, is June 10th at 4pm. The Meadows Health Center at Edgewood will be our host with a delicious gourmet dinner. Home Health VNA, Merrimack Valley Hospice, Home Care, Inc., will present "Golden Years: Staying Happy & Healthy." Cost is $3 and you must sign-up in person with reception, which begins May 27th. Limited to 35 North Andover Seniors.

MENOPAUSE THE MUSICAL: June 25th at The Stoneham Theatre 2pm Wednesday Matinee. Tickets $35. Deadline is June 4th. Bus Departs 1pm. Max. 12 guests.

LECTURE SERIES: Monday @10am. Open discussion on June 2nd.

ONE ON ONE COMPUTER INSTRUCTION: 45 minute sessions for $7. Tuesdays 9-12 with George Chory, Thursdays 9-12 with Tom Kooken. Make your appointments with reception 978-688-9560.

GADGETS CLASS: Mini series of classes focused on learning how to use electronic gadgets such as iPads, Nooks and Kindles. Tuesdays 10-11:30. $12.00 for a two-week class. Check with reception for the start of this first class. 978-688-9560.

NEWS & VIEWS: Every Wednesday at 10–11:30. Come and join in the lively discussion of current events, politics, history and you never know what else.

S.H.I.N.E. Volunteers: (Serving Health Insurance Needs of Elders) Free, confidential counseling on all aspects of health insurance to North Andover residents on Medicare; Call center for an appointment. Third Tuesday of the month, 12-3pm during the summer. June 17th, July 15th, Aug 19th.

MR. FIX IT: First and third Mondays 12-3pm. We repair almost as good as new. Lamps, with cords and sockets, replace watch batteries, small tables and chairs. Anything that is not listed, we will give it a shot! Your cost is $2 - $4 depending on work needed, plus parts. Proceeds benefit the Senior Center.

WALK IN CLINIC: Every Wednesday 9am-12 pm, the North Andover Senior Center and Home Health Inc/VNA operate a wellness clinic. If you are a North Andover Senior, we urge you to take advantage of this opportunity to check your blood pressure, blood sugar, weight and blood oxygen levels. Consult privately with an RN regarding any medication and health issues that you are concerned about. There is no charge for this service. Donations are

SR. CENTER: PAGE: 30

TOM DUGGAN'S NOTEBOOK

EAGLE TRIBUNE WOES - The Eagle Tribune is having really hard times these days. Last month they started charging their readers to access their news stories online, for somewhere in the neighborhood of $215 a year.

When I was first told, I thought it was a joke. After all, who would pay money to read yesterday's Valley Patriot stories you can get for free on our Facebook page and on ValleyPatriot.com?

But it gets better. Not only are they charging the few readers they have left to read their outdated material online, they are also charging their reporters and their staff. I couldn't make that up if I tried. One Lawrence reporter told me that after he writes his story at work, if they don't post it online right away, he can't read it when he goes home.

Why does the Eagle Tribune's parent company in Alabama (they are owned by a teacher's union) need all this money all of a sudden?

Well, they have to fund junkets for their management team. Like the big trips they took via private jet to Massachusetts for the World Series. Someone had to pay for the high priced Boston hotel they stayed at, the five star restaurants they dined at, and the extra amenities that were part of the three day trip.

Mind you they had just laid off a ton of people just a few weeks before. In a way, you have to feel bad for the people who have been loyal to the Eagle Tribune over the years. It's bad enough that they cut everyone's hours, forced furloughs, and took away benefits, but on top of that they are squeezing every dime out of their employees as they can by making them pay for an online subscription to their own stories.

What the hell, their staff are a built in reader base, one of their few reader demographics left. And from my calculations that reader base is getting smaller and smaller.

BUT FEAR NOT my friends who are unfortunate enough to be working at the Eagle Tribune these days. Here's a little tip. The Eagle Tribune's parent company is so incompetent that they forgot to set up an on line access fee for mobile aps. And from what I hear most of the Eagle Tribune readers access their material on their mobile phones. Geniuses!

ANDOVER — Salim Tabit, a founding partner in the law firm Broadhurst Tabit LLP in Methuen, was recently named to the Salvation Army USA-Lawrence Advisory Board.

"The Salvation Army is an organization with a long and unparalleled history of community service, and I look forward to playing whatever small part I can to continue that commitment to service," said Tabit.

LAWRENCE - Mount Vernon Neighborhood Association Scholarship Winners Michelle Nguyen of the Frost School, Argenis Jerez of the Greater Lawrence Technical School, former MVNA President Frank Incropera, Darwyn Joseph of Lawrence High School, Tyler Andrade of Central Catholic and Samir Perez of Lawrence Catholic Academy. The Mount Vernon Neighborhood Association proudly awarded them each $500 for their future college studies. They each showed strong leadership, compassion for others and gets along with others.

The Salvation Army has been delivering services to the less fortunate in Massachusetts for more than 125 years. Some of the services offered by the Lawrence branch include senior programs, food and meal programs, rent and utility bill assistance, housing assistance, disaster assistance, and help with gifts and food during the holidays.

Tabit lives in Andover with his wife Dr. Jean Tabit, and their two daughters.

DANVERS - North Shore Business Forum, Business helping Business (For more info –www.nsbforum.org). June 13th, Grow your Business: North Shore Business Forum will present – Dr. Colleen Suchecki, Using Speaking to Grow your Business. The North Shore Business Forum meets at 7:30 am at the Danversport Yacht Club, Rt. 62 east, Danvers, Ma. The $11 admission fee includes a continental breakfast and pre-registration is not required. Networking before and after the meetings.

June20th - Success Story: Mayor Kim Driscoll. North Shore Business Forum will present the Mayor of Salem, Kim Driscoll, The North Shore Business Forum meets at 7:30 am at the Danversport Yacht Club, Rt. 62 east, Danvers, MA. The $11 admission fee includes a continental breakfast and pre-registration is not required. Networking before and after the meetings.

June 27th - Do I have the right Insurance?: North Shore Business Forum will present Larry Lauranzano, the North Shore Business Forum meets at 7:30 am at the Danversport Yacht Club, Rt. 62 east, Danvers, MA. The $11 admission fee includes a continental breakfast and pre-registration is not required. Networking before and after the meetings. For more info: www.nsbforum.org

READING - AUSTIN PREP. - Teens make third-quarter honor roll

The following students have made the third-quarter honor roll at Austin Preparatory School in Reading: Dracut - Distinction: Kristen Behrakis, Alexis Nichols. Honors: Rebecca Lowe, Austin Nichols. Haverhill - Honors: Alexander Gilmore, Elijah Harris. Lawrence - Honors: Gabriela Acevedo, Nicole Bautista, Gabriela Duran, Alejandro Gonzalez, Emilyna Meas, Tuong Thai, Justin Tylus. Lowell - Honors: Hannah Farley, Julia Fraser. Methuen - Honors: Zachary Beeley, Adriana Farias, Catherine Flagg. North Andover - Distinction: Christopher Applegate YuJin Jeong. Honors: Elizabeth Boucher, Haley Norris, Jacob Norris, Molly O'Leary, Avani Patel, Shuruthe Raju, Madison Rieumont, Melissa Saindon, Anna Schiff, Jakob Wise, Maya Worden, Olivia Zdrojewski.

NECC Selfless Act Earns Tewksbury's Cabral the NECC Outstanding Alumni Award

Somewhere, there is a woman recovering from life threatening aplastic anemia thanks to the bone marrow of Northern Essex Community College alumnus and baseball standout Manny Cabral of Tewksbury. His selfless act was acknowledged recently when he received the NECC Outstanding Alumni Award during the 52nd commencement ceremony.

The award is given annually to recognize a Northern Essex graduate who has achieved success in his or her career, is active in the community, and has given back to the college.

Cabral, was captain of the NECC Knights baseball team which he helped lead to state and regional championships as well as a trip to National Junior College Athletic Association (NJCAA) Division World Series in Texas. While at NECC he was a Rawlings Gold Glove winner and was named the Division III Defensive Player of the Year.

A 2012 graduate, he was offered a Division I scholarship to Texas Southern University. The summer before he transferred to TSU he was notified that he was a possible bone marrow donor. It was later confirmed and over his 2012 holiday break he underwent a surgical procedure to remove bone marrow. The bone marrow transplant was a success.

During the summer of 2013 he played Futures Collegiate League Baseball (FCLB) for the Nashua Silver Knights Coach BJ Neverett. He had such a positive experience he decided to transfer to Daniel Webster College where Neverett is coach.

In presenting the award to Cabral, NECC Alumna and chairperson of the NECC Alumni Association, Susan Bonefant, said, "Beyond his strong athletic drive, this year's recipient demonstrates a remarkable spirit of selfless compassion… He is the kind of person who serves as a constant inspiration and makes us all strive to lead by example."

For additional information contact Lindsey Mayo, director of NECC Alumni Relations at 978-556-3621 or lmayo@necc.mass.edu

NORTH ANDOVER North Andover Resident Rides to End Alzheimer's

Watertown, MA (Date) – Richard McIlveen of North Andover, will bike 100 miles in the 2014 Ride to End Alzheimer's Saturday, July 12. Beginning and ending in Fort Devens, MA the Ride provides a 2-mile family ride, 30-mile, 62-mile and 100-mile route reaching all the way from Western Massachusetts to Southern New Hampshire.

The Ride to End Alzheimer's grew from a small, family-inspired event, formerly called Memory Ride to a cycling challenge attracting riders throughout New England and beyond. The event raises awareness and funds to support the Alzheimer's Association's research of treatments and eventually a cure for Alzheimer's.

"Over the past 18 years, Ride to End Alzheimer's has raised more than $3 million to fund critical Alzheimer's research through the Alzheimer's Association's research grants program," said James Wessler, CEO and President of the Alzheimer's Association, Massachusetts/New Hampshire chapter. "We are grateful for the dedication of Richard, and all of those participating in the Ride for their commitment to finding a cure and raising awareness."

The Alzheimer's Association, with headquarters in Watertown, has regional offices in Springfield, Raynham, and Worcester, MA and Bedford and Lebanon, NH. The Alzheimer Association provides services and programs for those with Alzheimer's, family and professional caregivers in the form of support groups, a 24/7 Helpline, care consultation, advocacy efforts, research funding and education programs.

IRS Accepting Applications for Low Income Taxpayer Clinic Grants

Boston…The Internal Revenue Service today announced the opening of the 2015 Low Income Taxpayer Clinic (LITC) grant application process.

The LITC grant program is a federal program administered by the Office of the Taxpayer Advocate at the IRS, led by National Taxpayer Advocate Nina E. Olson. The LITC program awards matching grants of up to $100,000 per year to qualifying organizations to develop, expand or maintain a low-income taxpayer clinic. The LITC program funds organizations to represent, advocate, and educate low income individuals who have a tax dispute with the IRS (i.e., a "controversy clinic") and taxpayers who speak English as a second language (an "ESL clinic"). Although LITCs receive partial funding from the IRS, LITCs, their employees and their volunteers operate independently from the

NEXT PAGE

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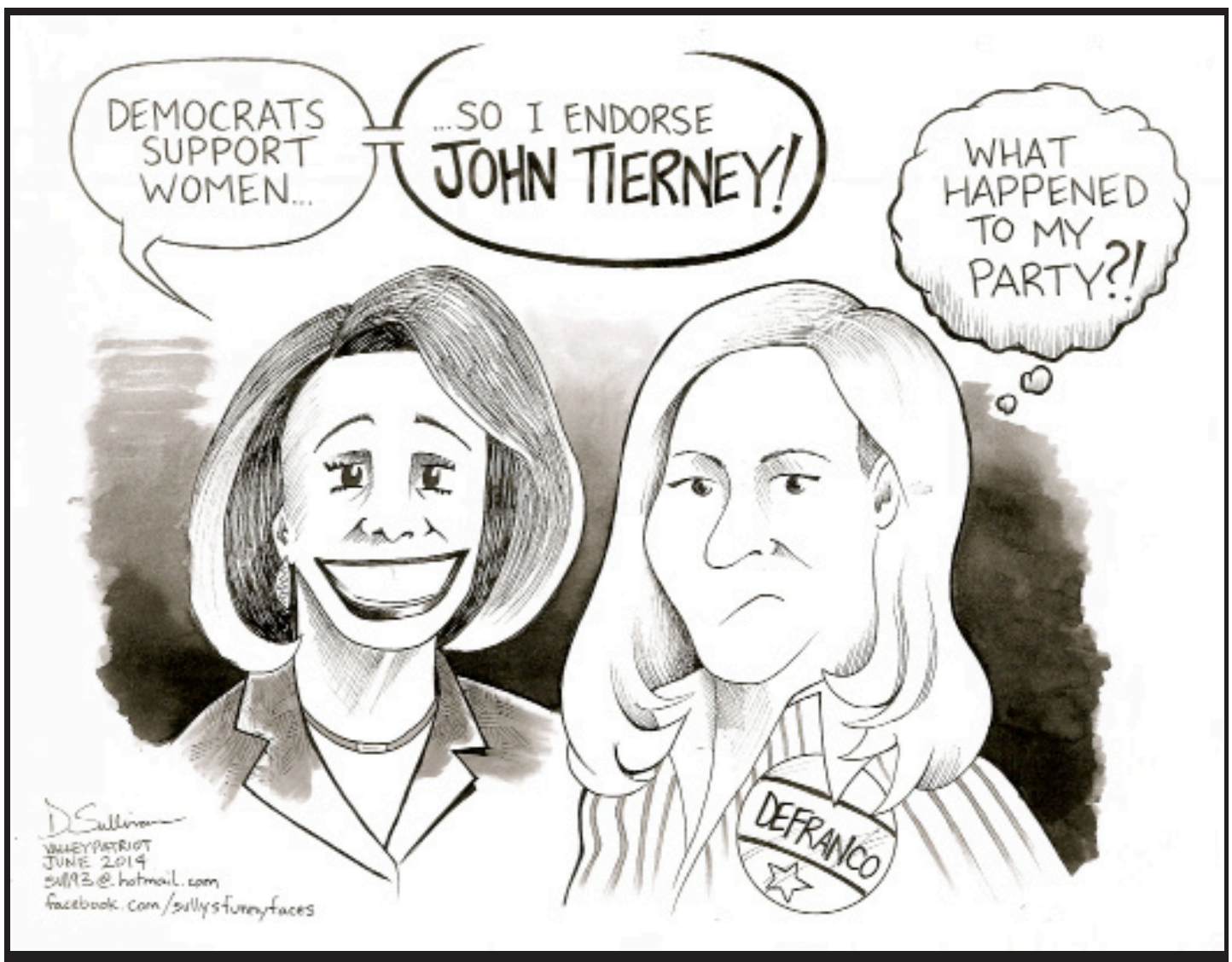


Speaker of the House Nancy Pelosi and Democrat leaders claim there is a Republican "War on Women" but with all that rhetoric about how Democrats support "women", Pelosi endorsed Congressman John Tierney against Marisa DeFranco, the only woman in the race for the 6th Congressional District nomination.

IRS. Examples of qualifying organizations include:

- Clinical programs at accredited law, business or accounting schools whose students represent low income taxpayers in tax disputes with the IRS; and
- Organizations exempt from tax under Internal Revenue Code Section 501(a) that represent low income taxpayers in tax disputes with the IRS or refer those taxpayers to qualified representatives, or that provide outreach and education for ESL taxpayers.

Three local organizations received grants this year and are currently running clinics. The Massachusetts Low Income Taxpayer Clinics are:

- Bentley College, Waltham, MA
- Greater Boston Legal Services, Inc., Boston, MA
- Springfield Partners for Community Action, Inc., Springfield, MA

Copies of the 2015 Grant Application Package and Guidelines, IRS Publication 3319, can be downloaded from IRS.gov or ordered by calling 800-TAX-FORM (800-829-3676).

The IRS is authorized to award a multi-year grant not to exceed three years. For a new clinic or a clinic applying for the first year of a three-year grant, the clinic must submit the application electronically at www.grants.gov. For an existing clinic requesting funding for the second or third year of a multi-year grant, the clinic must submit the application electronically atwww.grantsolutions.gov. All applicants must use the funding number of TREAS-GRANTS-052015-001 and applications must be submitted electronically by June 20, 2014.

Questions about the LITC Program or grant application process can be addressed to the LITC Program Office at 202-317-4700 (not a toll-free call) or by email at LITCProgramOffice@irs.gov.

More information about LITCs and the work they do to represent, educate, and advocate on behalf of low income taxpayers and a listing of 2014 funded programs is available in IRS Publication 5066, the LITC Program Report.

LAWRENCE OLIVER SCHOOL - The Oliver Middle School Chess Club is pleased to recognize Esvin Ruiz at the Most Outstanding Chess Player. Diogene Pachano earned Most Improved Player honors and Alejandro Gonzalez was named Player of Distinguished Merit for the 2013 – 2014 academic year.

Kenneth Taveras was recognized with the prestigious Estephannie Estevez Memorial Blue & White Award for

NOTEBOOK: PAGE 14

Lawrence High Alumni Gives More Than $74K in Scholarships; Mayor Rivera Tells Students "Don't Be Afraid to Fail!"

By: Tom Duggan - Lawrence Mayor Dan Rivera, a 1989 graduate of Lawrence High School, gave the keynote speech at the Lawrence High School Alumni Scholarship Dinner Thursday evening.

Rivera revealed what he learned playing football, why he didn't go to college after graduating high school, and why he took an "F" on a chemistry exam. Rivera said it came down to one thing, he failed because he "counted himself out" before he even tried.

The Lawrence High School Alumni Association gave away more than $74,000 in college scholarships to 104 graduating seniors. The Lawrence High School Alumni Association (LHSAA) was formed in 1912. The scholarship fund was created in 1949 at the LHS 100th anniversary.

RIVERA REVEALS PERSONAL FAILINGS TO INSPIRE STUDENTS

"So here I am, this kid from Lawrence High. I was awful at football," Rivera said.

"I was the smallest center in the Merrimack Valley … we went one (win) and eight (losses) that year in football. We got crushed every year."

"One of the things that I always took with me, was that we always worked really hard to try and make something from what we had. "

"My experience with teachers was out of this world. I had Doctor Murphy … she would root for me in her chemistry class every day. And I'm not that smart of a kid," he said admitting he was a "C" student.

"On a good day I was a "B" student, but in chemistry I was definitely a "D" student at best, on my best day."

"I did this a couple of times in my life, I counted myself out before I even got into the contest. There was a big test and I just said, 'you know what, I'm going to skip class because I'm not ready for the test. I'm going to fail so, I'm not going to try. So, you know how it is right, you do something you're not supposed to do, and exactly what you don't want to happen, happens. I'm in the hallway and she finds me in the hallway. She asked 'why weren't you at the exam', and I said, 'Well, I was going to fail.'"

"Dr. Murphy said to me, 'you know what, you were going to walk in the door and try, and then I was going to help you out with it, and you would have been fine. I would have given you extra credit afterwards and you would have been fine. But, you didn't show up, you are getting an "F". And I thought man, what a blown opportunity."

Rivera recalled how he had applied to five colleges when he graduated high school, but he really wanted to go to Fordham University. Rivera said that because he got accepted at four colleges but not Fordham University, he decided not to go to college at all.

"I got into four out of the five, but because I didn't get into Fordham University, I said 'I'm not going to college.' I got into four other colleges, close by, they gave me good money … again I counted myself out before I got into the race. I said 'I'm going to fail there, so I'm not going to go.'"

"So, I made a real smart move and instead of going and spending a wonderful four years on a college campus enjoying the luxuries of college and fun, and partying, I went to basic training. I joined the United States Army and became a military police officer. I learned a lot, and I was honored to serve my country. But, we also got called to fight in a war. So, then I thought, I probably should have gone to college instead of going into the army."

Rivera said that he was lucky to come back without getting hurt and went to the University of Massachusetts on the GI Bill.But when he started college he got called out of class because there were some costs the GI Bill did't pay for. Rivera was told he had to come up with

more money or he couldn't stay. He says he went out looking for a job that day and got one working for the university.

"The lessons I learned at Lawrence High School stayed with me the whole time. Again, don't count yourself out. Even though you are getting beat 1 (win) and 8 (losses), show up and put the shoulder pads on, and practice hard."

"I'M NOT SUPPOSED TO BE STANDING WHERE I AM"

"If you fear failure, take it from me, copping out, not doing it, you end up doing worse if you try not to fail. Failing is part of this learning process."

Rivera finished his remarks by asking all the graduating seniors to stand. As the audience applauded he said, "We are so proud of you. There are a lot of people outside of this building, they probably counted you out. You were not supposed to be doing what you are doing. But listen, I know how that feels. I'm not supposed to be where I'm standing. A lot of people thought I was going to lose, but I still showed up every day and campaigned hard. And you guys showed up every day and went to class."

AMONG THE LHS ALUMNI DONORS ARE

Rich Gorhamn and his family each year give the Immigrant City Scholarship in the amount of $2,000 each for two graduating seniors. The Gorham family continues to

LHS ALUMNI: PAGE 20

DeCologero: Dizoglio Betrayed our Trust on Transparency

27 year old North Andover resident Phil DeCologero is running for the Democrat nomination for the 14th Essex District State Representative's race. In September, DeCologero will face off against incumbent State Rep. Diana DiZoglio, and North Andover veteran, Oscar Camargo. DeCologero appeared on the Paying Attention radio program with Tom Duggan last month.

Duggan asked DeCologero why he was running againt incumbent Diana DiZoglio, if their differences were ideological or based on actual votes. Here is part of his answer.

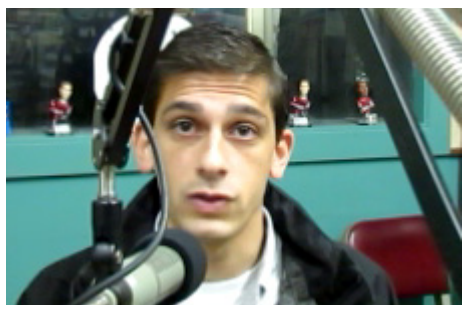
"For me it wasn't an ideological position, you're right, I wasn't a supporter of Diana Dizoglio's when she ran in 2012.

But I thought she deserved a chance. I really do think that she worked really hard when she got elected in the primary, and she worked hard on delivering a message of transparency and wanting to promote transparency when she got elected. I think she deserved that chance ...

In the case of Rep. DiZoglio, she got elected and her platform was very much centered around transparency. But, the fact that from her very first vote, she voted against the very types of issues she promised she would champion, and that was votes like: getting committee votes posted on line.

Right now if you want to know how any of the representatives in the Merrimack Valley or beyond, how they vote in committee, you can't actually get that information by going on any of the legislators' webpages. I feel like that's a really basic piece of government, it's a representative democracy and that's something that people like to trump. They like to talk about what they are doing on committees. And if you don't know how they are voting on committees or you have to bend over backwards to get that information, well that's not really much to be impressed about.

The representative really pushed that issue. I mean not that specific issue, but the general tone of transparency, accountability,



accessibility. So, I was disappointed when that was proposed, she and other democrats, I was disappointed when other democrats did this. They actually voted against it. It's not inaction that I'm upset about, it's the very action of going against what was promised. So I think that really betrayed our trust.

And it wasn't just that vote, but it was the vote to prevent bills being on-line at least 24 hours before they are voted on. We can have a debate on whether 24 hours is long enough, but they should at least be up.

I think that if you don't know what's happening in the legislature before it happens, how can you as a representative effectively represent the people.

With representative DiZoglio, that's something she had pushed. And she had actually said at a debate at Mann's Orchard was that one of the first bills she would file is that she would, literally this is verbatim 'challenge house rules.' This was an opportunity right there to challenge house rules and she went along with everybody else. I was very disappointed about that.

If you are going to run for office and you are going to run on a platform, you should follow through on that platform no matter how narrow that it may be.

On this very show, you had a very lively debate between the representative and Representative Lyons, about who was the real conservative when it came to the gas tax vote.

I would agree with Rep. Lyons that that was a flip flop on representative DiZoglio's part when she said that she was not in favor of the gas tax."

House Bill Puts the "Child First" and Provides Needed Clarity for DCF, Judges, and Attorneys

Linda Dean Campbell
STATE REPRESENTATIVE

Recently a Methuen family came to Boston to testify with me on a bill which I strongly support that establishes a clear policy that makes the best interest of children paramount at every stage of court proceedings involving child custody. House Bill 4058 was filed by my fellow State Representative Shelia Harrington (Republican) of Groton.

Current Law does not specify this, and leans far too heavily in support of keeping a child in their original family unit even if this original family unit clearly does not provide an adequate, safe, secure, or nurturing environment for the child.

The proposed legislation also specifies that a child will be kept within their original family or parental unit provided that an adequate, safe, secure, and nurturing environment does exist.

This legislation provides clarity to current law, which provides a long list of criteria for judges and attorneys to consider in DCF cases. The problem with the current law is that when judges consider this long list of criteria, they cannot put the interest of the child first and any use of a "child first" justification in a ruling is most unlikely to stand upon appeal.

This House Bill is currently before the Committee on the Judiciary and I shall be strongly advocating for this legislation as it moves forward.

State Representative Linda Dean Campbell serves on the Public Safety and Homeland Security Committee as well as the House Committee on Ways and Means. She is Vice Chair on the Committee on Election Law. She can be reached at 617.722.2305/ Linda.Campbell@mahouse.gov

The Growing VA Scandal

Linda Dean Campbell
STATE REPRESENTATIVE

My faith in our nation has been both challenged and confirmed in this Memorial Day Season. The major blow to confidence comes from the unfolding scandal at the Department of Veterans Affairs (VA) in which that institution has been giving us more Veterans to mourn before their time because they were not given reasonable access to medical care that they most desperately needed. What was the cause of the great scandal? Some Veterans Health Administration (VHA) executives were "cooking the books" to make themselves look good so they would receive performance bonuses. Hopefully those found guilty of this scheme will soon be the recipients of the federal spending required to incarcerate them for an extended period.

Long wait times for services at VA medical facilities is nothing new but the "book cooking" to the point of fraud appears to be a recent phenomenon fortunately not taking place system wide. The fraud committed hides the fact that the VA frequently lacks the capacity to deliver critically needed healthcare to Veterans in a timely manner. The solution for this problem is for the VHA to use private health care practitioners to deliver services when their facilities are overburdened or too remote for a Veteran in need to reasonably access. We have lost far too many men and women returned from war – to suicide, to substance abuse, and sometimes prison – because what we did for them upon their return home and to our world was inadequate. On average, 22 service people or Veterans commit suicide each day.

I often have the privilege of meeting with members of our Greatest Generation that served in World War II. One thing the Greatest Generation very much wants us to do for them is care for the kids that have followed them into uniform. These men and women who have served in our nation's latest war on terror in Iraq and Afghanistan, often serve multiple tours with far longer exposure to combat than our other Veterans have experienced.

Just one example is a gentleman my husband works with that served one tour in Iraq. He kept a count – he was in charge of 180 convoys that ran from point A to B and encountered 188 improvised explosive devices while doing so. While he didn't keep track of small arms firefights or rocket / mortar attacks, the roadside bombs commanded his attention, puckered him up, and caused him to lose far too many people – his soldiers, his troops, his family.

So whenever I lose faith, I will remember that this "one percent" is around and as ready as their ancestors were to give their lives for all of us.

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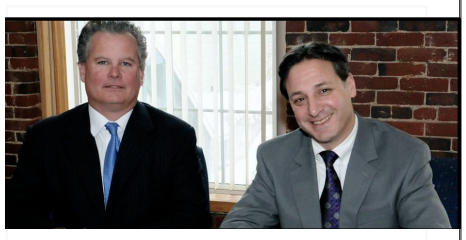

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Star of Music Videos, TV and Movies: Methuen's Brittany Baldi's Path to Success and How You Too, Can Get Into Show Business

The Valley Patriot sat down with Methuen's Brittany Baldassari, known in the entertainment business as Brittany Baldi to talk about her success, and see if she had any advice for our readers who want to model, star in TV, movies or music videos.

Brittany went to Methuen High School and graduated in 2007. She worked at CVS and Texas Roadhouse before her first modeling job and says she was very athletic. She also says that's where she got her nickname "Baldi".

"People know me as Brittany Baldi. I got the nickname playing high school sports, softball and field hockey. I still like to play to this day. I love sports. I played travel ball, I played varsity in High school, I should have played in college but I got into modeling. I've been living in Methuen my entire life.

Brittany has been in several movies, starred in MTV's "Are You the One?" and was the lead role in the Prospect Hill hit music video "Come Alive". We asked Brittany how she started on the path to movies and TV and what advice she had for young girls trying to make it.

"I graduated college. The weird thing is, I was in college in my junior year and a friend contacted me on Facebook and said 'hey, you have a great look, would you like to do a photo shoot?' After the photo shoot I uploaded a bunch of the photos on Facebook and I started getting a ton of (web) traffic."

That's when Brittany says she started getting offers from photographers asking her to shoot with them for various projects. "I got jobs working for Barstool Sports, I really love those guys. They were so awesome to work with and it was a great opportunity. It was really fun. I also worked for a variety of companies that started to hire me as a promotional model."

"From there I started getting jobs doing promotional marketing (as a model). In the past four years, I've worked for everyone from NASCAR to Nike to a ton of liquor companies, and did a lot of traveling."

Do you think that's a good path for young girls who want to get into show business and modeling?

"I think it's a good segue. But this business, modeling and TV, is all about networking with people and making as may connection as you can, till you make the right connections. That's my biggest tip to people. You don't want to burn any bridges. You have to understand what networking is and get good at it. It's a good way to get to know people and it's a lot of fun, it will take you far.

Brittany says that the standard pay for a liquor promo is anywhere from $18 to $30 an hour.

"So you can make pretty good money doing promo work. If you work for a car show, you can make $50-$60 and hour. It

BRITTANY: PAGE: 33

Recognizing The Merrimack Valley's Long History of Dedicated Veterans

IN YOUR CORNER ... WITH SEN. KATY IVES

It has been a busy month in the State House, most significantly with the state budget, which the Senate passed on May 22. I'm happy to report that during the process I was able to secure key funding for priorities and initiatives that are important for citizens throughout our district and successfully advocated for policy changes that will improve quality of life throughout the state. I will be detailing specific aspects of the budget in next month's column, after the budget has been finalized in the coming weeks.

This month, I want to share with you a wonderful event that took place in Amesbury leading up to Memorial Day. Each year as the weather starts to warm, our communities begin their summer with Memorial Day celebrations which recognize our veterans' sacrifices. I had the honor of participating in Haverhill's Memorial Day Parade and Ceremony and a flag raising ceremony at Nevins Family of Services in Methuen. In addition, I also participated in the re-dedication of the Amesbury Doughboy statue on May 17. The statue stands as a poignant testament to Amesbury's long history of military service. It depicts a World War I soldier with a commanding march in front of Amesbury Middle School, flanked by plaques commemorating Amesbury's contributions to military efforts from the Revolutionary War, Civil War, and Spanish American War.

Recently members of the Amesbury community came together to raise money for a complete restoration of this important historical monument. Now, instead of having an aged tint from decades exposed to the elements, the iconic statue is back to its original bronze condition. This restoration was made possible by the tireless efforts of the Amesbury Veterans' Memorials Restoration Committee, which includes Co-Chairs Paul "Jancy" Jancewicz, and Ski Iworsky, Karen Baptiste, Bob Bastien, Bob Evans, Ruth Genova, Frances Justin, Kathy Lucy, Todd McGrath, Mary Therrien and Rosemary Werner.

When you're in Amesbury, take time to visit the Doughboy statue. These are my remarks from the re-dedication of the monument's Revolutionary War plaque:

"I'm honored to participate in this unveiling today because it's the culmination of hard work and volunteerism by residents, other dedicated groups, and donations by generous individuals and our local banks--turning a hope of restoring the Doughboy into a reality.

"It's important to show attention to, and investment in, a piece of Amesbury's unique history. Gloucester hosts the Fisherman's Memorial known as Man at the Wheel, designed by Leonard Craske, and built in 1925 and Amesbury is home to another Leonard Craske design--the Doughboy, a WWI-era soldier which has stood in Amesbury since 1929.

"This effort has been focused around restoring an important piece of Amesbury's history and honoring what this statute stands for: commemorating and honoring the efforts, patriotism and sacrifice of all our United States veterans.

"I'm honored to speak to the naval battle depicted in this plaque, which harkens to the critical efforts on the open ocean in both the Revolutionary War and the War of 1812. Key efforts in the struggle for independence against colonial rule and foreign control through naval engagement were based right here where we live freely as Americans today.

"The Continental Navy was comprised of approximately 65 vessel and only 11 vessels survived the Revolutionary War, including a ship built right here in Amesbury. The Frigate Alliance, a 36 gun sailing frigate, was built in Amesbury on the Merrimack River in 1777 by William and James Hackett, and named the Alliance by the Continental Congress. The Alliance was thought to be the finest warship built to date in America when it was launched in 1778. The Alliance also fired the final naval shots of the American Revolution, and was the last ship in the fleet of the Continental Navy.

"On its first voyage where it arrived in France, Benjamin Franklin assigned the Alliance a squadron commanded by Captain John Paul Jones, who was the first well-known naval fighter of the American Revolution and referred to as the father of the U.S. Navy. He spoke the famous words 'I have not yet begun to fight' when up against the Royal Navy.

"Those words have been carried forth by

the brave soldiers of our military in each succeeding war where each generation's own patriots lead to defend the liberty that does not live in weapons or in buildings, but in the hearts and minds of our people. We can see that value in the work we are unveiling today, and it's a credit to our nation, our city, and you that this statue and this plaque will stand here proudly for generations to come. Thank you."

Video of these remarks featuring images of the Doughboy statue and plaque are up on my office's facebook page: www.facebook.com/oconnorives.

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Kathy's Lawrence Notebook

Kathy Runge
VALLEY PATRIOT COLUMNIST

Hi guys! The Valley Patriot decided to suspend the rules and I'm writing the column this month. Yes folks, it's as easy as that; suspend the rules and anything goes. More on suspending the rules later. First up is important news affecting all renters and landlords in Lawrence. Renters and landlords that aren't "paying attention" may be in for an unpleasant surprise.

Renters, expect your rents to increase and privacy to decrease. An ordinance requiring all rental properties to be registered each year and inspected once every three years is coming before the city council this month. If this passes your rent is guaranteed to rise. You can also expect city inspectors to roam around your apartment, checking every electrical outlet and looking at all your possessions every few years. Although the required inspection should be similar to the current occupancy permit (OP), Inspectors will check for things such as apartment overcrowding and undocumented apartments.

As for the landlords, Building Commissioner Peter Blanchette stated it best when he said "Sometimes there's a cost to doing business" at an Ordinance Committee meeting. Really? You mean landlords don't just sit around and rake in the dough? Obviously he's not a landlord. In the current version of the ordinance there are some differences in fees depending on whether 2 and 3 families are owner occupied and the fees are different for larger apartment buildings and complexes. Government owned properties are exempt. Every apartment unit or rented single family house must be registered with Inspectional Services. There is a $25 initial registration fee per unit and a $15 yearly charge thereafter. As an example of inspection fees a non-owner occupied 3 family would be charged $100 every three years for inspection of all three units. According to the presentation shown to the Ordinance Committee, "Additional revenue may be possible via violation corrections, possible increased tax assessments, abatement of zoning violations, and health code citations." The city plans on inspecting one third of the units each year. All of this is in addition to the OPs you are required to obtain before a new tenant moves in, currently $75.

Why are they considering this law? It seems that not many landlords obtain the required OPs. Although that's hard to tell; Commissioner Blanchette couldn't produce information regarding the OPs granted last year after having two weeks between Ordinance Committee meetings to research the question. The resulting legislation is the city's solution. Why not try to do their current job?

Given the state of Lawrence politics, the possibility of abuse by elected officials is clear. Will the inspectors be impartial? What else might they 'notice' in your apartment or on your property? If the current mayor doesn't like you will inspectors work a little harder to find a violation in your apartments? If the current mayor likes you will a bounced check be overlooked? This ordinance was submitted by Councilors Twomey, Almonte, and Mayor Rivera. Although it has been in the works for some time, it's not surprising that none of these three campaigned on this issue last fall, although Roger Twomey mentioned it at some neighborhood meetings. If all goes on schedule, the public hearing and final vote will be on June 17. That is, unless a special meeting is called or rules are suspended, so keep alert!

In other news, we have the never ending saga of the residency requirement, the charter amendment that would force

KATHY RUNGE: PAGE 14

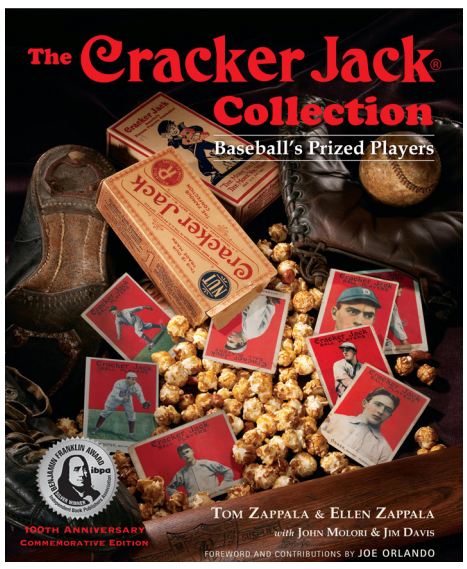
Local Authors Win Prestigious National Book Award

Peter E. Randall Publisher is pleased to announce that the newest book by Tom Zappala and Ellen Zappala, The Cracker Jack Collection: Baseball's Prized Players, was awarded a silver medal at the IBPA Benjamin Franklin Awards ceremony at NYU's Kimmel Center in New York City on May 28, 2014.

The Independent Book Publishers Association (IBPA) annually recognizes excellence in book editorial content and design with their prestigious Benjamin Franklin awards. These awards, which include fifty-two categories, are regarded as one of the highest national honors for independent publishers.

A silver medalist in the sports book category, The Cracker Jack Collection: Baseball's Prized Players was recently released nationally by Peter E. Randall Publisher to excellent reviews. The book focuses on the lives of the players featured on baseball cards used as prizes in Cracker Jack® boxes in 1914 and 1915. Now 100 years old, these cards have become extremely collectible and valuable. The players featured in the book range from some of the best in the game like Eddie Collins, Ty Cobb and Honus Wagner, to lesser-known players like Cuban-born Armando Marsans, a talented player who made fine cigars.

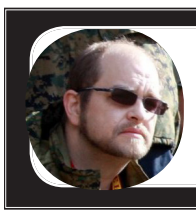
Published as a celebration of the 100th anniversary of the Cracker Jack Ball Player card set, this beautiful hardcover coffee table book is filled with full color images of the original Ball Player cards, Cracker Jack prizes, and other baseball memorabilia from the era. The player stories included in the book give the reader


The Cracker Jack Collection
Baseball's Prized Players
Tom Zappala & Ellen Zappala
with John Molori & Jim Davis
100th Anniversary Commemorative Edition
Foreword and contributions by Joe Orlando

a glimpse into the lives of the men who shaped our National Pastime.

Written by Tom and Ellen Zappala of Merrimac, MA, with contributions by Methuen, MA, writer John Molori, PSA president Joe Orlando, and Cracker Jack historian, Jim Davis, The Cracker Jack Collection: Baseball's Prized Players not only details the personal and professional lives of the players that make up the historic Cracker Jack Collection, but also discusses the history of the Cracker Jack product and its close connection to baseball. The book is available on: www.crackerjackplayers.com, amazon.com, and barnesandnoble.com.

The Zappalas also authored the award-winning baseball book, The T206 Collection: The Players & Their Stories, and co-authored Nardo: Memoirs of a Boxing Champion, the autobiography of former Welterweight Champion Tony DeMarco.



Paying Attention!
WITH TOM DUGGAN

With Friends Like Roger Twomey Who Needs Mortal Enemies?

Lawrence City Councilor Roger Twomey is running for state representative as a Republican making this a three way race among himself, incumbent Marcos Devers (Democrat) and embattled former Mayor, Willie Lantigua (Independent).

Some say Twomey is only in the race to divide the anti-Lantigua vote and help the former mayor win his seat back in the state legislature. I happen to be one of those people.

IT ALL GOES BACK TO THE 2005 LICENSING BOARD SCANDAL

In June of 2005, Lawrence Licensing Board Chairman Roger Twomey was under fire for committing the political sin of doing his job and angering (then) State Representative Willie Lantigua.

You see, Lantigua was running a fundraiser for his friend and political ally, Israel Reyes, the now convicted felon. The fundraiser was being held across the street from city hall in a bar called Adam's Cyber Café. The owner of Adams Cyber Cafe at the time had donated money to Lantigua's campaign.

During that fundraiser, Roger Twomey inspected Adams Cyber Cafe on a tip that the bar was illegally purchasing alcohol from a local package store. The owner of that package store was also a Lantigua donor.

Lantigua threatened Twomey's job, demand that he leave the bar owners alone, and not inspect them in the future or face serious consequences. But Twomey conducted the inspection anyway, catching the bar owner red handed and citing him on the spot; a move that would turn Lawrence politics on its head for more than nine years.

FALSE CLAIM OF RACISM

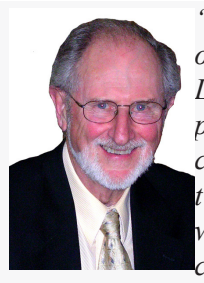
Lantigua immediately took to the airwaves of Spanish language radio calling Twomey a racist and said that Twomey was also responsible for a recent spate of police raids on Latino barber shops and small businesses.

None of it was true, of course. In fact, Roger Twomey doesn't have a racist bone in his body. But that didn't matter. Twomey was white, didn't give in to Lantigua's bullying, and therefor he had to pay a price.

MARCOS DEVERS STEPS IN TO SAVE TWOMEYS JOB

Lantigua strong-armed Lawrence Mayor Michael Sullivan to fire Twomey for racism and send his name to the city council to confirm his decision.

On the night of the Twomey vote, council chambers were packed with Lantigua supporters, most of whom were holding signs calling Twomey a racist. Speaker after speaker made the most vile and hateful statements and false accusations against Twomey, all written by Lantigua, all orchestrated by Lantigua, all designed to intimidate city councilors and threaten their re-election campaigns.



"I believe that the only way Willie Lantigua can get political power is to control people who truly don't know what is going on. He constantly stirs the pot of hate for his own political maneuvering. He doesn't really seem to care who he hurts in the process, either."

~Lawrence Licensing Commissioner Roger Twomey, in June 2005 before selling out.

Some councilors caved in, others did not. With the nine-member city council deadlocked 4-4, there was only one councilor left to vote, Council President Marcos Devers.

Here is a word for word transcript of the end of Devers' speech:

"Willie Lantigua and the mayor are more interested in dividing us as a city. We have no desire to accommodate this racism Willie and the mayor are throwing around. In the past 48 hours Willie and the mayor have done much to try to divide between our citizens.

We are a poor city. We cannot afford to be fighting each other.

We need to be working together to build ourselves up. As I see [it], Mr. Twomey has done no wrong. He is not a racist. The time for racial divisiveness that some political figures are peddling have no place in our city.

Take this poison somewhere else down the highway. We don't need it here. I will vote against the mayor's request to fire Roger Twomey."

NO GOOD DEED GOES UNPUNISHED

As the result of the publicity surrounding the 2005 Twomey scandal, and with the solid political support of Marcos Devers and four other city councilors, Licensing Board Chairman Roger Twomey was able to successfully run for a seat on the city council.

But, while Roger Twomey was reaping the good fortunes of the council's decision not to fire him, Council President Marcos Devers was not so lucky.

PAYING ATTENTION: PAGE 32

The Valley Patriot
Lawrence, Haverhill, Methuen, N. Andover & Andover
Free
"Congress shall make no law..."
Volume 2, Issue 6 June- 2005 24 Pages
Racism & Targeting
Twomey Answers Allegations
VALLEY PATRIOT EXCLUSIVE!
Tom Duggan
Lawrence Mayor Mike Sullivan recently fired Lawrence Licensing Commissioner Roger Twomey after he conducted an inspection of Adam Cyber Café, a campaign contributor of State Representative Willie
State Representative Willie Lantigua says you have it out for him. Is that true?
I do not hold any animosity towards Willie Lantigua at all. I'll tell you why. Going back to 2003, I had requested that Willie go before the legislature to see what he could do about changing some sections of Mass. General Law (Section 140),
HAVERHILL
"We established a citywide dropout commission...at their suggestion, we established a summer school program for at-risk children, and this year we will become
Inside:
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Dr. Ormsby P. 3
Lawrence, P. 4-9
North Andover P. 10
Haverhill P. 11

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~ Tom Duggan

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Lawrence Mayor Dan Rivera, Police Chief Announce Crackdown on Noise, Police Sweeps Through Troubled Areas

By: Tom Duggan and Jon Bergeron

Lawrence Mayor Dan Rivera, flanked by Police Chief Fitzpatrick and more than a dozen Lawrence Police Officers stood on the steps of the Lawrence Police Department Saturday and announced a new crackdown on noise in the troubled city.

According to statistics released by the mayor, Lawrence police received 1,345 noise or disturbance complaints last summer from June to the end of August. "It can't be tolerated anymore," Rivera said.

"Noise complaints are a symptom of lawlessness in this city. People do not care that they are disturbing others with their music because they think the authorities do not care, and they can't do anything about it" said Rivera.

"That, then becomes a problem for us and that has to stop now. All residents and visitors of Lawrence will be held to the letter of the law with regard to our noise ordinances to ensure that our quality of life here in Lawrence is not at risk."

Starting May 23rd, Lawrence Police will have one patrol car with two officers patrolling the city from Friday through Sunday between the hours of 9PM-2AM. The noise car operation will play a key role in the summer street crime prevention initiative that began last week.

Rivera says that the "noise car" operation will enforce all noise ordinances. When a noise complaint is reported, the offender will get an automatic two hundred dollar fine as well as an automatic court summons.

"Our enforcement efforts will have a zero tolerance policy on noise complaints," Police Chief James Fitzpatrick said.

"The hope is that this operation will be successful and we will be able to continue these efforts through the summer."

In another Summer Street Crime Prevention Initiative that the mayor called a "quality of life" sweep, Rivera and a few dozen police officers went door to door in what the mayor called, the Tarbox School Community Engagement Initiative.

Police went door to door to educate the public on suspicious behavior, and how to report it. The mayor says that the Summer Crime Prevention Initiative led to 44 arrests last week.

The mayor also released crime numbers from June to august, 2013 which showed that in that three month summer period there were zero murders, 6 rapes, 59 robberies, 131 aggravated assaults, 106 residential burglaries, 51 commercial burglaries, 109 larcenies, and 276 auto thefts and 1,345 noise or disturbance complaints.

Mayor Rivera said during his campaign last fall that if elected he intended to take on noise violations and what he called "quality of life issues" that he said "leads to much more serious crimes."

"The one thing people have to understand is that letting the little things slide by, ends up with bigger problems for the city down the road. If we take care of the quality of life issues like noise complaints what you see is fewer confrontations, fewer assaults and other crimes. People who think this is just an issue of noise are not thinking that through. While some people see these minor crimes as not worth our time to deal with given the other problems Lawrence has, you have to think long term, plan long term, and stop the small things from becoming bigger problems down the road."

The mayor released the following information on the initiatives taking place in Lawrence.

Lawrence Summer Street Crime Prevention Initiatives:

Targeted Neighborhood Engagement Operations

* Tarbox School Neighborhood & Others-600 Community Contacts, 2 warrant arrests, 30 vehicle stops

*Building Neighborhood Association Infrastructure

Strategic Crime Spike Taskforces

* February Armed Robbery Taskforce-42% drop in armed robberies

* Community Engagement

* Added patrols and Park & Walks

Hotspot Sweeps - Focused on prostitution arrests and narcotics violations, using local, state and federal law enforcement resources-Broadway Sweep netted 44 arrests.

Nuisance Property Enforcement-Working with Inspectional Services to ID properties with the highest police calls for service and ensure the property is up to code.

Noise Ordinance Enforcement - Zero tolerance noise pollution ticketing, and enforcement

To report loud music or noise complaints, please send an email with address/location of noise to loudmusic@lawpd.com

LETTER FROM AMESBURY POLICE OFFICER JASON KOOKEN

To the Editor,

I wanted to send a note of gratitude for receiving the Officer Thomas Duggan, Sr. Award. It is an honor to be recognized by your paper and organization, but more so to be placed at such high regard as to consider me an embodiment of what Officer Duggan, Sr. stood for in his life.

For the past 10 years I have been involved with raising funds and awareness of Law Enforcement Line of Duty Deaths, these funds go to support the families through Concerns of Police Survivors, ensuring that the sacrifices of those lost are not forgotten, and also go to supporting efforts to reduce the amount of line of duty deaths that occur. Each year my efforts evolve, becoming a labor of love and growth for me. I not only ride to honor the life of Officer Duggan, Sr., but also to honor the lives of the 21,743 officers who have made the ultimate sacrifice. Those sacrifices began on January 3, 1791 with the loss of Constable Darius Quinby of the Albany County NY Constables Office, to that of Officer Stephen Arkell of the Brentwood, NH Police Department, End of Watch, May 12, 2014.

I also want to thank Tom Duggan, Jr. and The Valley Patriot family for supporting our efforts on April 30 to May, 12, 2014 when Law Enforcement United Bicycling Charity Team cycled from Berwick, Maine to Washington, DC on the 1,000 Miles of Honor. Tom participated in the ride by escorting the riders from Haverhill, MA to North Andover, MA, while proudly displaying the banner honoring his father's sacrifice, End of Watch, 3/19/1990. Also leading the escort were two of the sons of Officer Joseph Lawlor of the North Andover Police Department, End of Watch. 3/27/1981. Two of Officers Lawlor's sons have become police officers, one serving in North Andover and the other in Lawrence.

Please allow me to inform the readers of The Valley Patriot of future efforts that I have planned for supporting families of Fallen Officers. On Sunday June 31, 2014, I will be hosting the 4th Annual Metric Century Bicycle Ride for Team New England. This ride is either 65 Miles or 35 Miles, beginning and ending in Amesbury, MA. A $25 dollar donation is all that is required to ride, by making this donation you will be riding in honor fallen officers and raising funds for Concerns of Police Survivors New England. This ride also will be raising funds for a new endeavor that I am planning which will be called: LEO Tour New England. The LEO Tour New England will be riders who are all either active or retired Police Officers and Survivors riding a multi-day tour through all 6 New England States, holding ceremonies at LE Agencies who have lost officers and also visiting memorials to the fallen officers of New England. The goal is to raise funds for COPS New England and to raise awareness of active Line Enforcement Officers to reduce the Annual Line of Duty Deaths to below 100 (it has been 65 years since that was the total officer killed statistic).

Thank You Again,

Amesbury Police Officer, Jason Kooken

Rodriguez Officially On Ballot for State Senate

Doris Rodriguez, is a democratic candidate for the State Senate seat of the 2nd Essex and Middlesex District. The district includes Andover, Dracut, Lawrence, and Tewksbury. "We need a leader who has the capability to be the vocal bridge between communities. A leader who will work hard to advocate equally for all and represent the district as a whole, regardless of age, disability, pay, national origin, race/color, religion or sex." In this district, Rodriguez is the first Hispanic-American female to be placed on the ballot. The Democratic Primary Elections will be held on September 9, 2014.

Doris Rodriguez, was born in Methuen and raised in Lawrence, Massachusetts, by immigrant parents that came to the United States from the Dominican Republic for a better living, the American Dream. Her parents worked hard to support the family. Doris always admired their determination and pledged to be the best she could be as a daughter, sister, student, neighbor, and citizen of Lawrence. She always found herself wanting to better herself and others. Her passion and leadership skills date back to middle school where she always volunteered or was chosen to represent her peers. Even in high school, she served as president of her class for three years, captain of her sport, and student honoree at the South Lawrence East School Ground Breaking. Doris has always been well liked and known as a leader in the community. Soon after high school, she went on to attend Merrimack College. She graduated with her class and earned a Bachelor of Science in Business Administration with a double major in International Business and Business Management. She was also honored with the William Cornell Award and the Virginia G. O'Neil Scholarship. Right after college, Doris went on to law school in Boston where she earned her Juris Doctorate from Suffolk University Law School. She was honored with the Allen Ash Award and the John E. Fenton, Jr. Scholarship.

Doris has worked in both the private and public sector. In the public sector, she worked for the federal, state, and local government where she has gained invaluable experience. Her last job was with the Department of Treasury, Internal Revenue Service in Andover. Prior to working for the federal government, she worked as an adjudicator for several years at the Commonwealth of Massachusetts, Division

RODRIGUEZ: PAGE 35

Last Month Valley Patriot Publisher Tom Duggan interviewed Haverhill resident John Katsaros on his Saturday morning radio program on 980WCAP in Lowell. Katsaros talked about his daring escapes from the Nazis in WWII you can watch the interview on valleypatriot.com

FROM PAGE 7: NOTEBOOK

exemplary attitude, outstanding effort and unsurpassed support to the Chess Club during the 2013 - 2014 academic year.

Ms. Estevez served previously as the Lawrence High School Chess Club president and was very instrumental in the formation and success of the Chess Club at LHS. As a result, the Blue & White award is named in her honor. Ms. Estephannie Estevez attended the Arlington School and graduated from Lawrence High School and the College of the Holy Cross in Worcester.

The Oliver Middle School Chess Club is supported in part by a grant from the Lawrence Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency, as well as Eastern Bank Charitable Foundation, The Smeltzer Family, MFA LLP, Mr. James Coleman, The ACE Group, Div. 8 Ancient Order of Hibernians, Leadership Solutions, Lawrence Fire Fighters Local 146, The White Fund, Inc., Hayes Tavern and Margaret O'Connor, Realtor. Ms. Maureen Santiago serves as the faculty advisor for the chess club.

Methuen Democrat Jessica Finocchiaro Certified for Ballot for State Senate Run

Finocchiaro Qualifies for State Senate Democratic Primary, Challenging Incumbent Senator Ives. Methuen Democrat Says Working Families Need a Strong Advocate on their Side

METHUEN—Methuen Democrat Jessica Finocchiaro officially qualified for the ballot for the First Essex State Senate seat with 591 certified signatures, almost double the number of signatures required.

"The strength and prosperity of our community means a great deal to me. I've been fortunate to spend my life in the district. People are worried about the future, our families deserve leaders who will stand up and fight for the issues that matter most. My grandfathers worked and my father still works at a factory, my grandmother was a social worker at Head Start and a teacher, and my mother was a local real estate agent until she became disabled. My family knows the meaning of an honest days work, but we also know how financially devastating unexpected expenses are for families. My experience has been focused on supporting our communities—from families struggling with mental health issues to improving our schools. I'm looking forward to campaigning across the district, talking to voters about what is at stake in this election, and earning their support."

Active throughout the Merrimack Valley for many years, Finocchiaro was elected to represent Methuen on the Greater Lawrence Technical School District Committee and serves as the Committee's Vice-Chair. She has been an outspoken advocate for quality high school and adult vocational programs, citing the vital skills and training that attracts jobs that pay a livable wage to the area.

At the Department of Mental Health, Finocchiaro has worked to standardize mental health medication clinic practices to increase prevention and quality of care while cutting costs. Finocchiaro also serves as the President of a nonprofit that offers support, hope and recovery to individuals and families affected by mental health issues.

Finocchiaro earned Masters' degrees in both Public Administration and Government from Suffolk University. She graduated from Presentation of Mary Academy in Methuen, and later served as a substitute teacher for Methuen Public Schools. Finocchiaro has more than ten years of local small business experience in the education, banking, accounting, and real estate industries.

Finocchiaro stated, "Collecting over a thousand signatures from all seven communities equally in the district was important to me. Often candidates have interns collect most of their signatures in the cities only, but my supporters and I went to grocery stores and knocked on neighbor's doors so we could have a dialogue and give voters the opportunity to personally ask me about my experience and views. That went a long way with voters, and some even offered to volunteer on the spot. That sort of very direct interaction with voters is what all candidates should focus on, during the campaign but even more so after you get elected. Residents should always have regular and very direct access to their legislators."

The First Essex includes: Amesbury, Haverhill, North Andover (Precincts 1-4), Merrimac, Methuen, Newburyport, and Salisbury. The Democratic Primary will be held on Tuesday, September 9th. Incumbent Kathleen O'Connor Ives first won her Democratic Primary in 2012 with just 38 percent of the vote.

FROM 11: KATHY RUNGE

all new employees except for teachers to establish residency in the city. This charter amendment was voted down in early May by a vote of 5-3 (5 in favor) because it didn't receive the required 6 votes. Councilor Sandy Almonte, who would have voted in favor, was not present at this meeting. Well that's not fair, is it?

At the end of the next council meeting Council President, Modesto Maldonado, wanted to suspend the rules to be able to reconsider the motion. It was one of those rare nights when all 9 councilors were in attendance, so the measure would likely pass if a vote were taken. Unfortunately, those pesky rules also state that a councilor who voted with the prevailing side, in this case one of the three 'no' votes (Laplante, Bernal, and Twomey), must offer the motion to reconsider. No takers there. But maybe that requirement could be suspended. The next rule to try and suspend was the one that forbids the council from taking up the issue again for one year, which was deferred to wait for a legal opinion. A special meeting was called for at the end of May, but cancelled when at least one of the residency supporters couldn't make it. By the time you read this one more opportunity to suspend the rules will have passed and the status of the residency requirement may have changed.

If these shenanigans work, we are running the risk of a redo every time absentee councilors could change the outcome of a vote. Even more chaos than usual will ensue. Spectators and those councilors in attendance will need to bring energy drinks and an overnight bag.

More on the world of Lawrence politics next month!

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Ye Gay Ol' Valley

Marriage Equality Marks 10 Year Anniversary

D. B. Langevin
LESBIAN COLUMNIST
VALLEY PATRIOT PRESIDENT'S AWARD

Ten years ago last month the wonderfully forward thinking SJC made marriage open and equal to all adult couples that want to spend a lifetime together.

Ten years ago this month on June 26 I married my amazing wife, Michelle. And I'm sure, much to the dismay of our opposers, we are still married and still very much in love. So, sorry to disappoint you.

Before Massachusetts made 'same sex' marriage legal, the Netherlands were the first to do it. Since then, nineteen states have legalized 'same sex' marriage as well as ten countries and not one of them is falling a part. None of their internal strife, failing economy or social and moral breakdown can be directly linked to the acceptance of marriage equality.

In the past decade the U.S. has had over 150,000 'same sex' couples get married, have civil unions or commitment ceremonies. 1% of them have filed for divorce or separation as opposed to 2% of heterosexual marriages. An interesting statistic. What's even more interesting is that heterosexual couples who live in states that have legalized gay marriage have a 20% lower divorce rate than heterosexual couples who live in states that have not. If I remember correctly those who opposed same sex marriage argued that it would destroy the very foundation marriage is built. And yet, you have heterosexuals staying together at a higher rate in pro-same sex marriage states. It seems to me that same sex marriage may be the mortar that holds that foundation together.

The fact is that there really has been no negative impact in allowing marriage equality. The sky hasn't fallen. It hasn't ruined the sanctity of marriage between any couple, and children of gay parents are growing up perfectly fine. Case in point my own three children: a social worker, airman, and soon to be butcher are doing perfectly wonderful. Unlike our straight counter parts, homosexuals will never have to 'deal' with an unwanted pregnancy or later in life surprise pregnancy. Children of gay couples came to be because they were wanted. And the argument about children of gay couples growing up without a mother or father is bogus at best. There are millions of children growing up with a single heterosexual mom or dad all over the world.

What about the economic impact? According to the website ThinkProgress, if the U.S. legalized same sex marriage in the entire country tax revenues would increase $500-$700 million. Spending on programs such as Supplemental Security Income, Medicaid and Medicare would be reduced by $100 million to $200 million. Why? Because marriage offers more financial security which is a winning situation for the couples, their children and all citizens living in a country that offers equality for all.

Clearly offering the ability to get married to all adult couples is highly beneficial and not even remotely detrimental to society. It promotes stability, monogamy, wanted pregnancy or adoption, increased financial security and God knows what other benefits. It's time to give up the fight DOMA and all of its supporters. In ten years they'll be more states that will have jumped on the 'same sex' marriage band wagon. Some times you just have to admit defeat and celebrate the victor.

Dani Langevin is a teacher and has a Bachelors in Fine Art and Masters in Education. She has written four young adult novels, one of which is self-published. You can email Dani at DaniBLangevin@aol.com

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Beneath The Surface

Discovering, Not Creating, the Truth About Sex

Paul Murano
VALLEY PATRIOT EDITOR'S CHOICE AWARD

Last month's May edition of the Valley Patriot included a critique of my April column on the moral question of homosexual acts. My major point was that love demands that we judge acts, not persons; and do so according to the truth of our being. We can know how behaviors correspond to human nature but we cannot know a person's level of knowledge or consent in performing an act. Mine was a column about looking past the popular in order to uphold the good in a culture of utter confusion about sex.

The critique of my column included false accusations and conclusions; but rather than respond to each one it is more important to uncover the underlying problem. The following is a quote from the Introduction to a new book entitled, "Making Gay OK" by Robert R. Reilly:

"There are two fundamental views of reality. One is that things have a Nature that is teleologically ordered to ends that inhere in their essence and make them what they are. In other words, things have inbuilt purposes. The other is that things do not have a Nature with ends: things are nothing in themselves, but are only what we make them to be according to our wills and desires. Therefore, we can make everything, including ourselves, anything that we wish and that we have the power to do. The first view leads to the primacy of reason in human affairs; the second leads to the primacy of the will."

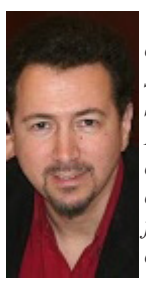
This, in a nutshell, is the underlying problem in the greatest war in our history. Some call it the culture war, but it goes far deeper. It is a war on the meaning of reality: Do we discover truth and attempt to conform to it, or do we create it by our desire and impose it by our will? Are things what they are or are they what we are say they are? If truth is that which we discover rather than create, law is the governing principle. If truth is that which we create and dictate, men are the governing principle; reason is replaced by the will, and a "might makes right" mentality ensues. This latter viewpoint holds that man has the power to redefine human life and behavior at will, and that our body parts and reproductive cells have no natural reason or purpose. After four decades of using the mass media to push such an ideology of denial, the concept of "crimes against nature" has lost all its meaning to a culture that has been abandoned human nature itself. Such foolishness, however, does not have a long shelf life.

Seeing the train of destruction moving at a rapid pace with more and more people jumping on board due to lack of courage, Cardinal George of Chicago made this prediction: "I expect to die in bed, my successor will die in prison and his successor will die a martyr in the public square. His successor will pick up the shards of a ruined society and slowly help rebuild civilization, as the Church has done so often in human history."

Needless to say, the column criticizing mine shares the kind of relativism that prompts Mr. Reilly's warning and Cardinal George's dire prediction. I will mention just a few of its falsehoods. The writer takes umbrage with the claim that there is an agenda today to justify something that has been universally condemned as a crime against nature until recently. Instead of denying it she diverts by saying everyone has an agenda, including me. I gain nothing by writing about an unpopular truth that elicits such irrational anger. She also claimed I left out heterosexual sodomy in order to focus solely on the ethics of same-sex relations. False. She apparently missed my quote: "Since acts of sodomy by their nature neither seal love nor give life, they are dead acts. Acts that attempt to separate pleasure from purpose and love from life, whether they are between people of the same or opposite sex, violate human nature and dignity and are by definition objectively abusive." In addition she continuously used the word "sin" insinuating it was offensive and that I had used it in my column. False. I never used the term nor did I mention religion. The condemnation of homosexual acts in the Old and New Testaments are clear and unambiguous, but reasonable people of all faiths can see the irrational and unnatural character of these acts. She continued: "Murano is under the delusion that every heterosexual who is engaging in intercourse is intending to produce a child..." Again, blatantly false. I never mentioned nor assumed personal intentions. Natural purpose is different than personal intention. People may not consciously intend nutrition when they eat. Likewise, people need not intend procreation when engaging in marital relations. Nourishment and procreation are what nature intends in the acts, not necessarily what the persons performing them intend. The perversion of nature occurs only when the act is begun and the natural end is intentionally thwarted.

The writer also stated that I wrote those who perform these acts "are intrinsically unnatural and evil". This, again, is false. Let me repeat what I actually did say in my column: Ethics focuses on acts and behaviors, not persons. Persons must judge themselves. Lastly, she labeled me as being part of the "religious right", as if this makes any difference to the truth value of my statements. If she bothered to find out where I stood on issues like capital punishment, gun control, foreign policy, war, and the environment she might be embarrassed by her attempt to pigeonhole me into this or any political movement. The inability to attack the message too often leads to attacking the messenger.

Finally, a word of friendly advice: It is healthy to critique someone's claims when the motivation is a genuine love for truth. However, to use someone's name publicly and create false quotes, false presumptions, and false statements is never a good practice.



Paul Murano teaches philosophy and theology at Middlesex Community College, North Shore Community College, and Magdalen College. He is host of Beneath the Surface radio on WCAP (www.facebook.com/fellowtruthseekers), hosts a local TV show, and is co-host of Paying Attention! radio show. Paul is also founder and chairman of Heartbeat Pregnancy Help in Burlington and is a singer/songwriter/musician.

We're not investing enough in our infrastructure.

STATE REP. LENNY MIRRA
VALLEY PATRIOT GUEST CONTRIBUTOR

"We're not investing enough in our infrastructure" is this claim, being made by some Democrats who want to address the issue in the typical method of raising taxes, true? Before you answer just consider how we already have about a dozen different taxes and fees that are (or were) intended for road and bridge repairs. And while you're at it also consider that the vast majority of the wear and tear on our roads and bridges is from heavy trucks.

Because of the disproportionate amount of damage being done by these trucks we've slapped them with much of the burden of paying for the repairs, which is not a bad idea. When you consider that just about every product and service we buy is delivered on a truck it makes sense to have these consumers pay for the inevitable repairs. The more stuff you buy the more you'll be paying towards road repairs.

As an example I listed on my facebook page facebook.com/LennyMirra, just some of the taxes and fees my company paid just to put a single dump truck on the road:

MA State Sales tax $11,548.88
Federal Excise Tax $19,223.00
State Excise Tax $783.75
Certificate of Title fee $75.00
IFTA $8.00
Reducible load for MA Pike $1,100.00
Reducible load for all other roads $1,100.00
Non-Divisable load $300.00
Apportioned license plate fee $854.37 partial year Jan-Jun
Overweight fee $550.00
Federal Diesel Fuel tax (100 gal tank) $24.40
State Diesel Fuel tax (100 gal tank) $24.00

And don't forget tolls; every trip over the Tobin with this truck will run about $6.

Add it up and you'll see that we spent over $35,000 just to put this one truck on the road...before it goes to a single job...before we can even make a dime in revenue from it. So the good news is that the companies causing most of the damage to our roads are paying for the repairs. The bad news is that such high upfront costs create a barrier to entry for anyone trying to start a new company. This is just one of the many reasons why the rich are getting richer while the poor and middle class are stagnating.

Government-created barriers to entry like taxes and regulations prevent new companies from forming and thus reduces the necessary competition to make our economy flourish for everyone. Fewer companies competing against each other not only raises costs for consumers but it depresses wages as there are fewer employers competing for workers.

Before we even dream of raising any of these taxes and fees, we in government need to take a careful look at where all this money is going. A recent report from Reason magazine showed that Massachusetts spends quite a bit, about four times as much as New Hampshire spends per mile of road, and despite this we're ranked 43rd

INFRASTRUCTURE: PAGE 26

Groveland's Historic Past Propels our Future

Joe D'Amore
GROVELAND COLUMNIST

There is a desire among people to assume self rule and in January of 1850 such passions were the central force in a series of citizen actions that produced the town of Groveland. The village of Bradford East Parish which was sited at today's Perry Park and Congregational Church formed a committee of five to petition the Massachusetts State Legislature to incorporate a separate town. The committee pursued first a petition of the majority of residents to vote on a division and then after reporting to the people at subsequent town meetings, voted immediately to forward to the legislature, their petition. These meetings occurred on January 3rd, January 9th, January 14th and February 18th of 1850. Dr. Spofford and Joseph Hall of West Parish (Bradford) prepared the bill to be forwarded to the Legislature and they were to present first to The Committee On Towns at the State House.

Many names were proposed for the new town, forty-eight to be exact, but ten emerged in earnest with one, Sumner, receiving two thirds vote after the 5th round of balloting. Other names were Merrimack, Fremont, Newport, Waterford and Bristol. Due to political wrangling and some vagaries of history, on February 20, 1850 the name of Groveland appeared. A total vote of 157 was cast and with 105 being necessary to vote the name, the people cast 106 votes for Groveland to be the name of a new town . After much discussion about the community, it was resolved on March 6, 1850 to establish this name, in anticipation of the petition to create the town would be approved at the State Legislature.

On March 8, 1850, Groveland was incorporated as a town and in subsequent weeks and months, the by laws and underpinnings of our town government were formed. A new town was born and the people of East Parish assumed self-rule. The structure of the highest office was a three member Board of Selectmen which still serves our people today .

GROVELAND: PAGE 23

MA Military Ballots No Longer Secret

Christine Morabito
CONSERVATIVE COLUMNIST

We ask the men and women serving overseas to make the ultimate sacrifice, to protect the rights you and I take for granted. And how do we thank them? – by asking them to waive their right to a secret ballot.

Under MA General Laws: Chapter 54, Section 95: "… Email or facsimile transmissions of a federal write-in absentee ballot shall include a completed form approved by the Federal Voting Assistance Program, or any successor program, declaring that the voter voluntarily waives the right to a secret ballot…."

Allowing overseas citizens the option of electronic voting, assuming they have access to it, was the state's solution to our September primary being too close to the November election (see May 2014 Massachusetts Military: The REAL Disenfranchised). Nine other states and the District of Columbia, that had similar conflicts, have changed the dates of their primaries. But despite repeated opportunities, politicians on Beacon Hill refuse to do so, seemingly because they oppose extending their campaign season. State Senator Jamie Eldridge, disagrees with those colleagues, and supports moving the primary to late spring or early summer. "As it is now, whoever wins the primary has only 6 weeks before the general election."

Massachusetts has a history of callousness when it comes to military voting, even to the point of non-compliance with federal law. The Uniformed Overseas Citizen Absentee Voting Act (UOCAVA) was enacted in 1986 to ensure that military members and other overseas citizens have the opportunity to vote in federal elections. In 2008, the Department of Justice threatened to sue the Commonwealth, for failure to provide data reflecting how many overseas voters were able to successfully vote. A settlement was reached with Secretary of State, William Galvin, who bears full responsibility for providing proof of compliance with federal election laws.

Malden's City Councilor at Large, David D'Arcangelo, who is challenging Galvin for the seat in November, said this: "The Secretary of State's office has been under the same leadership for 20 years and as a result the policies and procedures have not kept up with the times. When I am elected Secretary I will ensure that each and every vote from our brave service men and women is counted with the integrity of our voters here at home."

A more recent federal law, passed in 2008, was the Military and Overseas Voter Empowerment Act (MOVE), which amended UOCAVA and required states to mail overseas absentee ballots at least 45 days before a federal election. It was that law that prompted the aforementioned states to change their primaries to accommodate overseas voters. Not Massachusetts. Instead, the Commonwealth offered electronic voting, gave them an extra 10 days to vote, and then called it a day.

Some would argue that these voters voluntarily forfeit their rights. However, in Massachusetts, they rarely have a choice, as there is often insufficient time to mail the absentee ballots, especially to some of the remote places our military and other overseas citizens are located.

Rep. Diana DiZoglio takes this issue seriously. "Our men and women in uniform put their lives on the line every day to defend our nation's freedoms." She said, "I look forward to sitting down with constituents in coming days and weeks to discuss ways in which we may legislatively ensure members of our military have their votes counted in the Commonwealth."

The waiving of secret ballots also has the potential to result in voter intimidation. The ACLU weighed in during an interview with Voting Rights Project Director, Laughlin McDonald: "Even if voluntary, the problems of manipulation and retaliation would still be present. Those of us who are not in the military cast a secret ballot as matter of course. It seems very unfair, and it raises questions about equal protection, to subject those in the military to the possibility of manipulation and retaliation. That is hardly an appropriate way to treat those who are on the frontlines protecting America and American democracy."

Aside from the secret ballot issues, electronic voting is quite controversial, and has been warned against by security experts for years. Sen. Eldridge, shares that concern. "In this era of modern technology, we ought to be able to encrypt the data to ensure voter privacy. Security in our voting process is important for all our citizens."

However, experts believe that may never be possible. MIT Professor of Electrical Engineering and Computer Science, Ronald L. Rivest, opines: "Secure internet voting is a bit like the phrase 'safe cigarettes.'"

In 2010 the District of Columbia conducted a now legendary experiment with electronic voting by putting it to a hack test. Within hours, students from the University of Michigan were able to override every single ballot and even take control of the security cameras. But even more terrifying was the discovery of computers from Iran and China trying to get in on the action.

Let us not forget that fiendish "hacktivist" group called Anonymous that has threatened to disrupt U.S. elections. According to Miles O'Brien, PBS Newshour Science Correspondent: "If hackers can routinely breach heavily fortified servers at places like Google, Lockheed Martin, Visa, and Sony, which employ legions of computer security experts, what hope would a local election commissioner have of doing any better?"

The Secretary of State's office has been under the same leadership for 20 years and as a result the policies and procedures have not kept up with the times. When I am elected Secretary I will ensure that each and every vote from our brave service men and women is counted with the integrity of our voters here at home."

~ David D'Archangelo

When voting absentee, it seems the best way to ensure a secret ballot is to mail one. But soldiers, facing tight deadlines may be faced with a difficult decision: waive their right to a secret ballot or don't vote at all.

At the same time we are learning about the scandals plaguing the Veterans Administration we are faced with the fact that "honoring those who serve" is not a sentiment shared by all.

Christine Morabito is a resident of Haverhill and former President of the Greater Boston Tea Party. You can email her at christine.morabito@hotmail.com

Sofia Cardenas and Ramses Jimenez, winners of The Valley Patriot Scholarship. at left, Tom Duggan, at right, Lawrence Mayor Dan Rivera at the 2014 Lawrence High School Alumni Dinner.

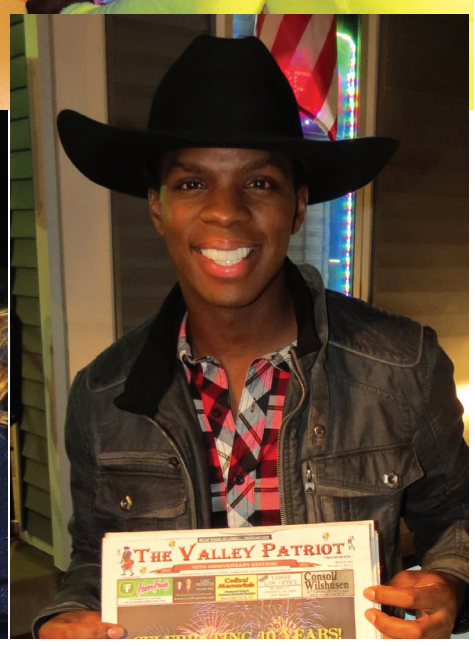
The Board of Christians and Jews United for Israel celebrated Jerusalem Day last month in Newton Square, Newton, MA. CJUI founder May Long, at right.

Methuen Exchange Club's 2014 Taste of Methuen. Another Successful Year Helping to Promote Methuen Businesses and Raising Money for Charity.

2014 North Andover Memorial Day Services

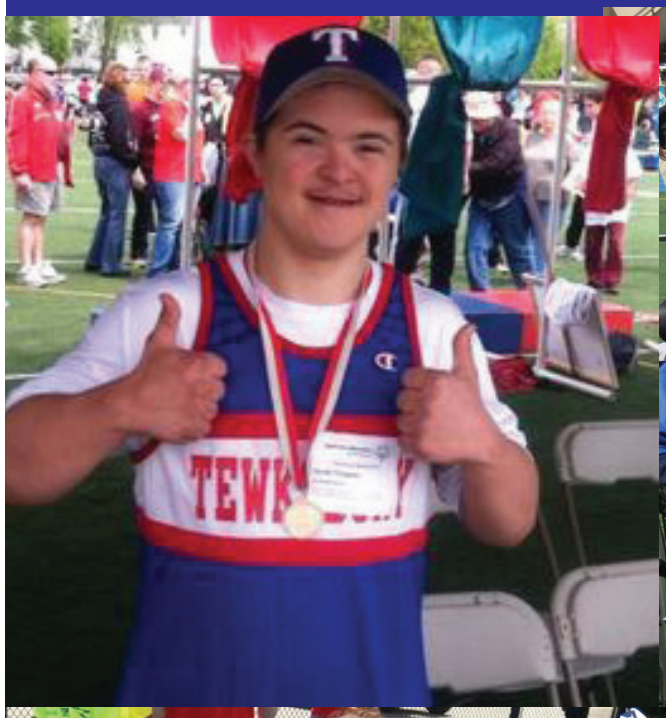
Rest in Peace State Police K-9, Kallie. "Her real talent was narcotics detection. During her 7 year career, Kallie sniffed out a total of over 30 kilos of cocaine, 6 kilos of heroin, 369 pounds of marijuana, 123 grams of methamphetamine, and her narcotics alerts contributed to the seizure of approximately $1.6 million in illegal drug money," wrote Kallie's partner, Lt. Joseph King. End of Watch, May 28, 2014.

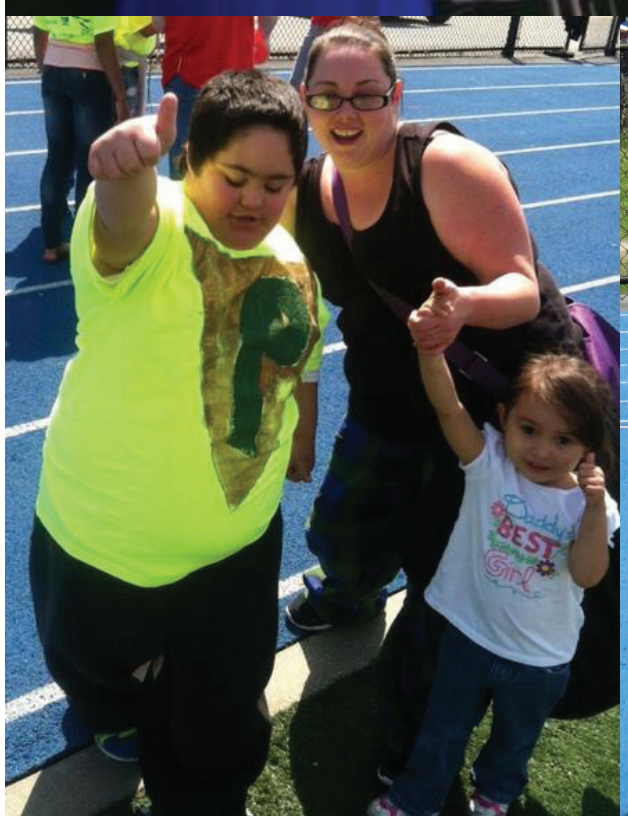
On the Set with KP Fitz as he Shoots his Latest Music Video



Movie and record producer Daryl C. Silva was in The Valley last month shooting a music video for singer KP Fitz in Salem, NH. Silva (above left) gives direction on the set. Top right: KP Fitz gets a costume fit from his manager. Below left, Valley Patriot readers tapped to be extras for the video. Below right: KP Fitz with his copy of The Valley Patriot.

Special Olympics at Lawrence Veterans Memorial Stadium





Haverhill Mayor Opens New Dog Park at Riverside Park

HAVERHILL - Mayor James J. Fiorentini announced that some of Riverside Park has gone to the dogs; a 430 linear foot area has been designated as the dog park. This area will give dog owners the opportunity to let their dogs run leash free. This easy access park is near the back parking lot. The park will help alleviate some of the waste that is sometimes left on the ball fields and can destroy the grass. There is a 5' high fence that protects the dogs from humans and gives them a safe environment to play in with other dogs. The cost of the park was $6,200.

"The new dog park will give dog owners a safe place to bring their pets," said Mayor Fiorentini.

"One goal of the park is to keep the dog waste off of the fields, and I believe this

new park will help us achieve it. I want to thank the recreation department for facilitating the dog park and for their efforts on maintaining it."

LHS ALUMNI: FROM PAGE 7

give and help their scholarship winners through their entire four years of college, including a scholarship bonus for any past recipient who comes to the LHS Alumni Scholarship Dinner, in the amount of $750. The Gorham family gave more than $9,750 in Immigrant City Scholarships Thursday night.

The family of former Lawrence Police Chief Thomas Nastasiam, including his 91 year old widow and two sons, attended the event and gave a scholarship to a graduating senior.

Flora Nary DeLuca, class of 1932 and Anthony DeLuca, class of 1931 both gave a Memorial Scholarship. Mr. Deluca's daughter came from Maryland to present the award in her father's name.

Slain Army Sergeant Pierre Raymond, attended local schools and joined the Army in 1998. He spent 13 months in Bosnia as a military mechanic. He was discharged to the National Guard and after being called to serve in Operation Iraqi Freedom, was killed in action in 2005. Part of Osgood Street, near the stadium, has been renamed in his honor.

Raymond's mother presented the Gold Star Mothers Scholarship – Pierre Raymond was not an LHS grad. Raymond's mother said she was so impressed that the Alumni Association had asked her to present this scholarship for Lawrence's fallen soldiers that she quietly gave a check for $100 to make a $500 scholarship a $600 scholarship.

LHS-ALUMNI Physical Sciences Inc. a broad-based research and development firm headquartered in Andover, Massachusetts, not only donates a $2,000 scholarship each year, they have given summer jobs for each of the four years they have been donating scholarships.

20 graduates from the classes of 1958 and 1950 attended the event as well as graduates from various years who give scholarships.

The David Linehan Scholarships are granted every year as the result of Linehan's will. When Linehan died, he left 50% of the sale of his house in North Andover to the Lawrence High School Alumni Association for a yearly scholarship.

The Mount Vernon Neighborhood Association $500 Scholarship was given by past president, Frank Incropera.

Key Polymer of Lawrence, which is not owned by a LHS graduate, gives a $330 scholarship every year.

The National Honor Society and JROTC students volunteer and assist with serving food, setup and organizing the event every year.

The Valley Patriot gave two $400 scholarships from proceeds of their annual BASH.

The Lawrence High School Alumni Association is run by an all volunteer board.

President, Richard C. Parthum, class of 1964; 1st Vice President, Phillip J. Glendye, class of 1969; 2nd Vice President, Eric E. Melanson, class of 1982; Treasurer, Averill Todd Blatchford, class of 1969; IT officer Christopher J. Eldredge, class of 1982; Secretary, Linda Taylor Arvanitis, class of 1958; and Events Coordinator, Karen Franks Glendye, class of 1972.

Chris Eldredge, of the LHSAA said that any Lawrence High School graduate who does not receive an Alumni newsletter can email him with their name, the year they graduated, and their address. He will be happy to send updates on the alumni association. You can email Eldredge at: chris@lhsaa.com

New Bylaws for North Andover Residents with More Than Four Dogs

Tracey Zysk
VALLEY PATRIOT DOGGIE COLUMNIST

At this year's town meeting, the residents of North Andover voted to amend the Town of North Andover General Bylaws by deleting Chapter 88-Dogs, and inserting Chapter 88-Animal Control.

Some will ask why and others may not have realized these bylaws needed to be updated. But one thing is for sure with over 3000 dogs in North Andover, it was time to review these laws.

What does this mean for the North Andover dog owner? Well it means that NA updated their chapter 88-Animal Control to mirror the state general bylaws. As with all bylaws the state bylaws supersede any town bylaw. Therefore, it only made sense for NA to become compliant with the state.

Massachusetts, a state known for its animal advocate ways and for animal legislation, has one of the strongest general bylaws protecting animals in the country.

As always, your dog must be licensed with the town, must be up to date on all vaccinations, and your dog must be on leash when off your property. As a pet owner it is your responsibility to "poop and scoop" after your dog and maintain and provide the proper health and wellness for your pooch.

But the biggest change in the North Andover Chapter 88-Animal Control bylaws is for those that have MORE than four dogs on their property at a time. This can refer to your personal pets, if you operate an in-home doggy daycare, and if you are a breeder.

Chapter 88-3.2: More than FOUR Dogs (please refer to the complete list of details within this bylaw), but to sum it up it reads as the following:

License and Vaccination Requirements: Anyone who owns or boards more than four dogs within the Town of North Andover must apply for and obtain a kennel license from the Town Clerk.

New Dogs and New Puppies: The kennel licensee who is the owner of the dogs must report each new dog in the kennel within 30 days to the Town Clerk.

Inspection Process: Before the Town Clerk can issue the kennel license, the Health Division Animal Inspector must inspect the proposed kennel.

Periodic Inspections: Before the kennel license is renewed at any time, the Animal control Officer and/or the Health Division many inspect any kennel.

Kennel Review Hearings: If there are any violations from the Animal Control Officer, the owner will be notified within 7 business days and a have a hearing within 14 businesses days.

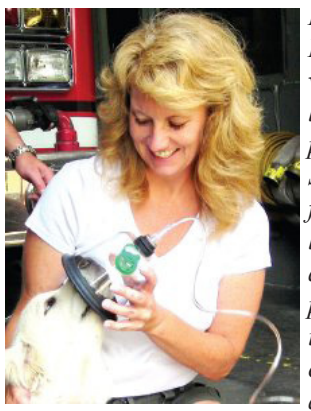
Penalties: Any person maintaining a kennel after the kennel license has been denied, revoked, or suspended will be subject to the penalties of Section 88-7 of this bylaw.

License Due Date: Kennel license renewal forms will be mailed out by December 1 of each year. Kennel licensees must return forms and fees to the Town Clerk by January 15.

Fee: The fees for licensing each kennel shall be established by the Board of Selectman.

The purpose of Chapter 88-3.2: More than FOUR Dogs, is to protect our pets from hording situations, uncontrolled environments, illegal doggy daycares, illegal backyard breeding, and puppy mills.

Animal Abuse and neglect is a felony in all 50 states, and the abuser may be charged with up to 5 years in jail.



Tracey Zysk, owner of Wiggles & Jiggles Pet Care in North Andover MA is a local pet care professional. She has been featured on local radio, tv and newspapers educating the general public on animal care and animal health & wellness. Tracey is a proud supporter of Police, Fire & Military K9 units and National Award winner of the Platinum PAW award. Tracey may be reached at wigglewalk@comcast.net. Become a fan on Facebook at Wiggles & Jiggles Pet Care.

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Who Knew Bowe?

John Macdonald
VALLEY PATRIOT LOWELL COLUMNIST

It's a Sunday and it's sunny. A beautiful day. The family woke up this morning in Rhode Island at our camp after a fun night at Gillette Stadium, watching country music legend George Strait play. We then spent our day running back home and then off to my oldest daughter's lacrosse game. Family joined us at the game and we happened to see some friends as well. It's just one of those days that you hope you'll have, before your weekend starts.

As my Sunday progressed, I often thought of the headline news that I and the rest of the country awoke to. Sgt. Bowe Bergdahl an American Soldier held captive for five years was released and now free once again. What was Sgt. Bergdahl's Sunday like? What had his last five years of Sundays been like? I kept thinking about these questions, when another came into my mind. Why was Bowe Bergdahl a mystery to most American's as they woke up Sunday morning and heard his name for the first time?

I knew the name of Sgt. Bowe Bergdahl. I spoke about Sgt. Bergdahl a few times on both my radio shows on 980AM, WCAP. However I first knew the name because of an organization called Rolling Thunder, who introduced Bowe's story to me well over a year ago. I knew Sgt. Bowe Bergdahl's name, because of a man named Frank Ardita, a member of Rolling Thunder (pictured above holding a sign to bring Sgt. Bowe Bergdahl home). During three events in April, dedicating POW/MIA Chairs at the Coffee Cann Café in Lawrence and events held at Lowell and Lawrence, MA city halls, I watched Frank Ardita's unwavering effort to highlight the plight of Sgt. Bergdahl and his family. I watched Frank Ardita as he refused relief from holding that sign, as his legs and back ached and wanted to give out. Frank Ardita, a retired Massachusetts State Trooper, stood for hours, determined as ever to make sure the message of Sgt. Bowe Bergdahl would be seen and heard that day.

So as my Sunday progressed, I wondered why this amazing story of a modern day prisoner of war wasn't big news before his release. Why wasn't this the lead story each night on the evening news prior to his release? I wondered why there wasn't a running tally of days being counted, for this young man and his family at the start or the end of each news broadcast of every major network in the country? Why members of Congress and our political figures didn't hold hearings, press conferences or town halls demanding that Sgt. Bergdahl be returned home?

Why hadn't the name Sgt. Bowe Bergdahl become a household name until his return? Why?

As this story unfolds, we'll discover more about Sgt. Bowe Bergdahl. Political parties will blame one another for how Bowe was released, when he was released, the timing of his release. I am sure we'll hear Bowe's name and learn more about his life now that he's home, than we ever did during his captivity. So why? Is it because we don't care? Is it because our nation doesn't, at times, have its priorities straight? The answer is probably yes, at least somewhat.

My answer. It's time for more returning veterans to run for political office. All too often, those who don't serve, don't know and those who don't know, don't care. I won't say every politician who hasn't served in the military doesn't care, but unfortunately the majority just don't seem to care enough. It's time for veterans, and only veterans, to run places like the VA. It's time that those who understand what makes this country so different, so special and worth fighting for, to take the mantle of leadership from local selectman, all the way to the White House.

I point out the last five years of Sgt. Bowe Bergdahl's captivity as the example for my concern. Concern for my country and for people like Bowe in the future. It's time for returning veterans over the last five, ten and twenty years to take up yet another cause. It's time to serve our country once again and help restore the patriotism and the pride that comes with that. I find the evidence too compelling to make me believe otherwise. Veteran's as politicians will prioritize issues like the VA and stories like Sgt. Bowe Bergdahl's captivity. As scandals like the VA, incidents and issues like Bowe's take place, soldiers like Sgt. Bowe Bergdahl, should have their own backing them up. We the American people would be well served by our veterans protecting our interests as well. It's time and we need to recruit our veterans… now!

John MacDonald is the President/CEO of Big Decisions, LLC, which is a management consulting business that concentrates on offering strategic advice on Marketing, Public Relations, Economic/ Business Development and Social Media. John has a long career of success, achieving record results in the communications field and spending over 20 years managing marketing budgets, driving the bottom line in the financial services, restaurant, retail and real estate industries.

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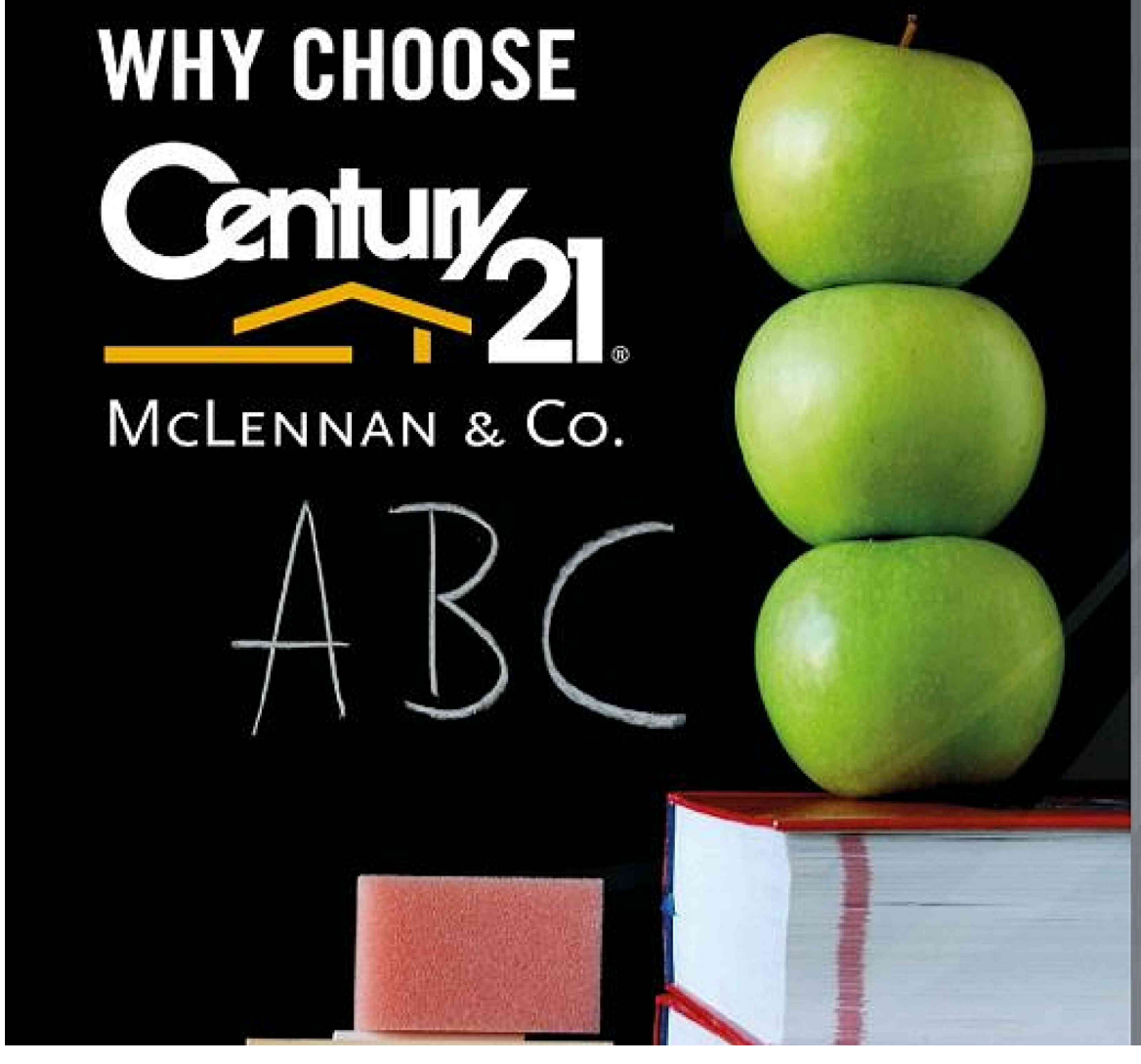

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GROVELAND: FROM PAGE 17

In recent memory, there were "giants" in our government who took our little town from a small agriculturally based village with 19th century mill-based industry, to a diverse community that supported rapidly expanding development and modern industry. Names such as Esty, Sciacca, Downing, Grazio, Anderson, Gray, Lemuth and Sweetsir were names associated with inspired leadership. In even more recent years, our leadership was composed by Selectmen Kastrinelis, Sheehan, Darke, Gorski and Greneay.

But since self-rule is never static, but rather an evolutionary endeavor, the people of Groveland moved forward with a long and once-failed petition to transform it's government again with a change to a 5 member board.

The genesis began with a failed petition of the people in 2009, and then a second one in 2012. But this time the petition was abandoned for a study to be conducted by a specially charged committee of the Board of Selectmen which was convened in 2012, the Government Advisory Committee. The committee voted in October of that year to recommend, by a vote of 5 to 3, to allow the people to decide the matter at Town Meeting of 2013. It was successfully voted on when Article 17 was approved in on April 29, 2013.

I was privileged to be invited to serve on the GAC and to subsequently work with Senator Bruce Tarr and Representative Lenny Mirra to help draft the initial legislation (Senate Bill 1799) which was a required step after Article 17 was approved. I had the additional privilege of advocating for the bill at a public hearing at The State House before the Committee on Municipalities and Regional Government on July 23, 2013. The bill was signed into law on December 19, 2013 by Governor Patrick. This allowed the townspeople to vote for the measure at town elections this year..

On May 5th of this year, the people of Groveland voted in favor of a 5 member board, and 2 new members will be voted on at Town Election in 2015

Change does not come easy for our town. But the most awesome power for self-rule remains with the legislative body that when temporarily convened for an evening is known as Town Meeting.

164 years after incorporation, Groveland has taken a giant step forward in addressing difficult issues and new complexities in managing our town. In the end, we will invite more participation and promote diversity, efficient access to government services,) and move forward towards an uncertain but exciting future!

Joe D'Amore is a Selectman in Groveland, MA . He is the recipient of the Valley Patriot Editor's Choice Award (2013). You can email him at damorecos@earthlink.net

LANTIGUA BILL: FROM 5

amount is capped at $5,000 but further action could be taken by the Attorney General.

"The bottom line is, you have to file and you have to pay all fines with OCPF or you are off the ballot. You need to be in good standing with OCPF or you can't run. I think that is a good way to make sure those who are making our laws, those who are seeking to represent the public at election time are following the law themselves," DiZoglio said.

Other Valley legislators who co-sponsored the bill were; Frank Moran (D-LAWRENCE), Linda Dean Campbell (D-METHUEN), Tom Golden (D-LOWELL), and Coleen Garry (D-DRACUT). In all there were 31 co-sponsors for the bill. Lawrence State Rep. Marcos Devers (D-LAWRENCE) also spoke on the house floor in favor of the bill.

"In the senate, I had the support of what I call the 'fantastic four'," she said. "Senator Ives (D-Newburyport), Tarr (R-West Newbury), Jamie Eldridge (D-Acton) and Barry Finegold (D-Andover) all signed off on the bill and made this happen in the senate."

"I'm very happy that in my first term a bill I filed in my first week was not only able to get unanimously passed with bipartisan support but signed by the governor into law."

"Someone very smart once told me that it doesn't matter what you say or promise it only matters what you do. If you out-work and out-perform people's expectations of you, it doesn't matter what anyone says, you will be judged by your actions. He was a pretty smart guy and he turned to be right. A lot of people worked very hard to make this bill become law and I'm grateful that we now have more accountability in our election system."

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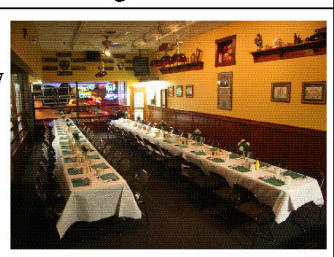

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Wedding Season in Newburyport II

Rebeccah Pearson
VALLEY PATRIOT NEWBURYPORT COLUMNIST

To Have and To Hold A Local Wedding in Newburyport On A Budget Part 2: Putting Your Ideas To Work

Getting engaged to my all time love was the most magical moment of my life, as well as his. The fun of starting the plans of your big day to celebrate your union with friends and family should be exciting and a wonderful experience. Deciding your venue, your flowers, your catering and more can be stressful ... but in our case we looked forward to it. Living here in Newburyport, we decided to go for a total 100% Newburyport wedding in hopes to help others find and utilize what our great city has to offer, and hospitality you just won't get from those chain stores, and unfriendly online services. Here you get the real deal with real people, that will make you and your loved one's big day special, right until the cutting of the cake and the first dance as husband and wife.

Where to have your wedding: Securing the date and the hall/location is good to do first, then you know your time frame and can work out all the other details from there. Our wedding is a good size of 100 people. Not to grand, and not that small. The beach on Plum Island is amazing, and there we found a great hall just perfect for us to say our vows. Pita Hall sits in the main downtown area on Plum Island, steps from the beach, and a local liquor store in case you are doing a BYOB like we are. The hall comes with tables, chairs, a full working kitchen if needed for your caterer, a side room for a bridal room, two restrooms, and ample parking for your guests.

Kelsey Raymond, Michelle Boland, Hilary Larson, Jessie Neelon and Ruth Forsander Listro of Eat Cake!

The hall is so perfectly priced at under $400 for the whole day! I'll repeat that … the WHOLE DAY, set up at 9am and you can have the hall until 11pm. So like I said, perfectly priced to make your wedding so affordable! So our date on November 25th was a breeze to secure! For more information please visit them for prices and contact information: plumislandtaxpayers.org

Wedding rings: M.K. Benatti Jewelers in Newburyport. Matt Khatib and his wife, Karyn, owners of this wonderful jewelry store, have a selection that is supurb, and their fitting station was amazingly comfortable. With state of the art new technology, you too can have a one of a kind ring to make your union complete for the person you will spend the rest of your life loving unconditionally. M.K Bennati Jewelers, 1 State St., Newburyport, MA 01950.

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Wedding Cake: With a name like Eat Cake! how could you go wrong. Eat Cake! located in Newburyport focuses on one of a kind, memorable cakes for all occasions. We set up an appointment, and arrived to be greeted with a smile and led to this amazing table. Hilary Larson, owner of Eat Cake! had designed two sample cakes for us to try. I must say, not sure what she puts in that buttermilk frosting, but it is truly the most mouth watering, delightful, and intoxicating frosting I have ever eaten in my life. She designs and creates all cakes along your price range, and will deliver your cake on your wedding day if it is local or in the surrounding area! Best cakes around, best prices around, and best one on one personal care you could imagine while picking out your cake. Eat Cake! ~ 6 Inn St., Newburyport, MA 01950

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Bridal & Maid of Honor Bouquet: The bridal bouquet is one of the most important accessories for the bride's attire. The bridal bouquet not only highlights the gown, but should tie into the colors of the wedding.

Our wedding is in the fall, so the bouquet is a beautiful fall arrangement of flowers. Denise's Flower and Gift Shop, located in Newburyport, was my first pick. Her arrangements are always amazing and Denise always takes very good care of her arrangements for occasions such as weddings. When she saw the flowers I chose, her face lit up and I knew she was the one. Bridal bouquets can be expensive, anywhere from $300 dollars and up, but at Denise's Flower and Gift Shop, it was only $150. Amazing price for a timeless bouquet that will be tossed to the next to get married after the wedding. ~ Denise's Flower and Gift Shop and Gifts, 35 Pleasant St. Newburyport, MA 01950 www.denisesflowershop.net

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Rebeccah Pearson is publisher of newburyportguide.com. You can email her at rebeccahpearson@gmail.com

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Finance Director, Gould Refuses to Release Documents Showing Alleged Legal Costs

Salisbury Claims It Cost $100K to Fight Tomaselli's $15K Betterment

Town of Salisbury Finance Director Andrew Gould gave the appearance of complying with the state's public records law.

On May 1st The Valley Patriot requested of the Town of Salisbury to produce "documents showing the legal cost and all other costs for the town's multiple lawsuits and legal issues with the Tomaselli sisters from 2005 to present…".

On May 13th, the town responded three days past the ten day requirement set forth by Massachusetts General Laws, chapter 66 section 10, which states "A custodian of a public record shall, within ten days following receipt of a request for inspection or copy of a public record, comply with such request."

The records being sought by The Valley Patriot concern the amount of the tax payers' money town officials in Salisbury have spent on lawsuits related to Gracemarie and Joyce Tomaselli's claim that they discovered the town's $80M lie in court to justify a fake betterment.

The Valley Patriot has been investigating the town's actions in taking the home and land from two sisters named Gracemarie and Joyce Tomaselli. The dispute began over a $15,000 sewer betterment charge the town billed them in error.

Instead of releasing the public documents showing the amount of public money being spent on the debacle, Finance Director Andrew Gould sent an email containing no documents contrary to what the newspaper requested. Gould "estimates the town has spent nearly $100,000 fighting the Tomasellis in court.

Gould's email of May 13th stated:

"In regard to your request for the amount of money the Town has spent in legal fees. The Town used two attorneys. Kopelman and Paige in which the Town spent $55,000 and Coppola and Coppola which the Town spent $45,000 for a total of $100,000. This does not include many employees time and effort which is impossible to calculate.

I believe this satisfies the information you requested."

Valley Patriot Attorney, Allan Knowles of Andover, said that the email does not comply with the state's public records law, nor does it satisfy the information requested by The Valley Patriot.

"Mr. Duggan was very specific, he requested documents showing amounts

of money spent by the town. An email from a public employee estimating costs without actual documents to back it up is not what The Valley Patriot asked for. Further, The Valley Patriot has now been waiting more than thirty days for documents the law says must be turned over in ten days."

Knowles said that The Valley Patriot has filed a complaint with Secretary of State Bill Galvin's Office and will be filing a civil complaint in Newburyport Superior Court.

Original email request by Valley Patriot publisher Tom Duggan to Salisbury Finance Director Andrew Gould:

From: ValleyPatriot@aol.com Sent: Thursday, May 01, 2014 2:10 PM

To: agould@salisburyma.gov

Subject: Public Records Request

Mr, Gould

Under the state's Public Records Law Chapter 66 please remit documents showing the legal cost and all other costs for the town's multiple lawsuits and legal issues with the Tomaselli sisters from 2005 to present.

Please also note that the cost of such production of documents is strictly regulated by statute.

My understanding is that others have previously asked for this information and were told it would cost hundreds of dollars. This is not acceptable under the law.

I expect to hear from you within the ten days required by law and I expect a reasonable fee to be charged. Please feel free to email me if you have any questions regarding our request.

Please also note that The Valley Patriot's Attorney, Allan Knowles has been CC'd on this communication, as well as State Senator Kathleen O'Connor Ives.

Respectfully,

Tom Duggan, Publisher

The Valley Patriot

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IN THE CARDS With RICK DICARLO

In the Cards?

How many times have you heard or used the expression, "the cards are stacked against me" or possibly, "if I play my cards right…" or, when you want to keep something quiet you "hold your cards close to your chest"? Is there a way of knowing when these situations will occur? Can we know when the cards are in our favor, or if the time to move is at hand? Yes! And the answer is in the cards!

For centuries, people have turned to card readers or fortune tellers to learn what may be around the corner, or if their actions will produce the desired results. Is this person their true love, or can they trust an offer that they have received?

In these uncertain times, when the economy is not robust and the government seeks to expand its power to control not only our finances but also our health care choices, and even in some instances our thoughts and modes of expression, these situations are as confounding as ever.

There are as many systems of card reading as there are readers practicing the craft. Tarot cards are a popular method of divining the future, as are the many, countless oracle decks that have been created to fill this need for knowledge. In more remote times, common playing cards were used for this purpose as well, and they contain many secrets hidden 'in plain sight', not the least of which is the lunar calendar of 364 days… but we can talk about that another time…

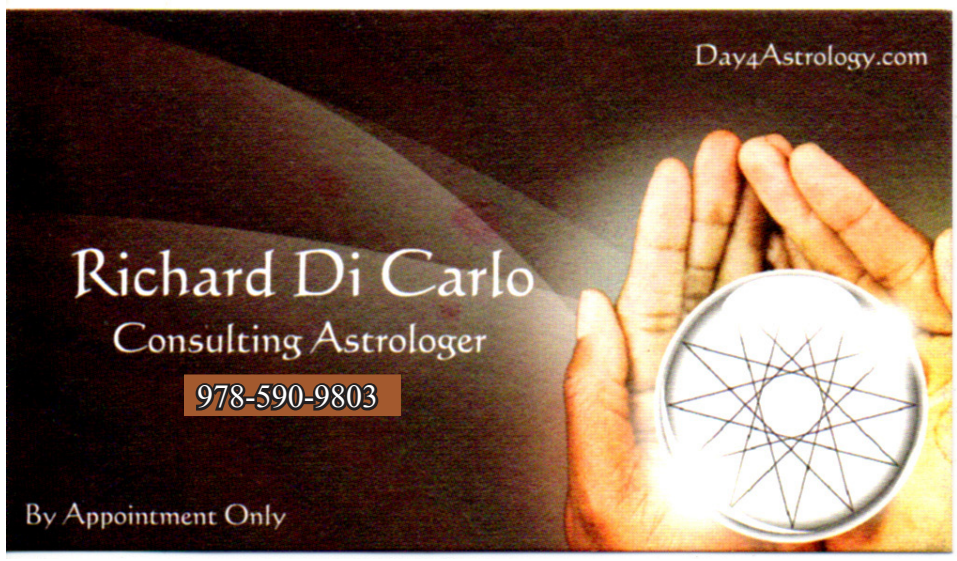
A very precise method of peering into the future is the Petit Lenormand System, named after a famous reader in 19th century France, who was reported to have consulted with Empress Josephine and Napoleon Bonaparte as well as Robespierre and Tsar Alexander. Her name was Marie Anne Adelaide Lenormand, and she was arguably the most famous seer of the Napoleonic era. Her career was quite controversial and she was imprisoned several times for fortune-telling, but this never dissuaded her from pursuing her art. She wrote numerous books about her exploits and clientele, but never directly revealed her methods. After her death, enterprising card publishers, wishing to capitalize on her fame, applied her name to a set of images originally created in Germany, and known as The Game of Hope.

The 36 images of the Lenormand Cards were also associated with commonplace, everyday objects such as a Dog, a Ship, Flowers, Crossroads, Birds, Snakes and even a Scythe. Each image represents a concept or idea; words if you will, that when strung together create sentences which convey very practical and definite meanings; the more revealing when read in the context of a specific question.

Questions come in all shapes and sizes, like people, but some are more appropriate when trying to foretell an upcoming event. Yes, it is possible to do a general reading, where no question is specified. However, this system is so literal that the more concrete your question, the more revealing your answer will be. "Will I marry Jane?" Is a stronger question than "Should I marry Jane?" "What will happen if I take this job?" allows for more information than "Will I get this job?" But, in a personal reading you can discuss your exact question with the reader to help decide on the most appropriate form of the question. What is most important is clarity of purpose and a need to obtain the information. Concentration and intention will draw forth the appropriate response.

Do you have a burning question? If so, send it in an e-mail to: aselzion@gmail.com and we will explore the answers in future editions of The Valley Patriot.

Richard has studied Astrology for over a quarter of a century. During this time he has lectured, taught and counseled hundreds in his private Astrology and card reading practice. He has has appeared on WLLH radio's Ramona's New Age Program with renowned psychic Ramona Garcia. He also had the privilege of working and studying with Linda Goodman, best-selling author of Sun Signs, Love Signs and Star Signs. During that time he helped her to produce her short-lived Star Notes project, which was a subscription-based newsletter to her fans around the globe.



INFRASTRUCTURE: FROM PAGE 17

in the nation on overall highway performance while NH is ranked 18th.

Which brings us to the current debate about the state gas tax; we raised it by three cents per gallon and this tax is scheduled to go up every year according to CPI. This is a terrible plan because middle class workers, already living paycheck to paycheck, will be facing higher commuting costs just as all their other bills are going up. Moreover, elected officials need to take responsibility for raising taxes, not hide behind cowardly plans that call for automatic tax increases. This is taxation without representation.

Voters need to take a stand on this and you can do something about it right now: you can sign the petition for repealing the automatic gas tax increases so that the question will appear on the ballot in November. And you can send your State Representative and State Senator a message telling him to take responsibility for raising taxes by voting against this and all future automatic increases. Better yet, you can vote for the candidates who promise to look at all current spending before voting to raise taxes.

You can email State Representative Lenny Mirra at: lenny@lennymirra.com

A One on One Interview with Former Senator Bob Smith

Candidate for US Senate Bob Smith Talks About Illegal Aliens, War on Women

The Valley Patriot's Tom Duggan and Justess Jacobson sat down with former US Senator Bob Smith who is once again running for the Senate. He will face former Massachusetts Senator Scott Brown in the Republican Primary. ***THIS IS PART II.***

TRANSCRIBED BY KATHLEEN LAPLANTE

TD: Why do you think in this country, people don't get that there are millions of Muslims around the globe who are trying to come here and destroy us at home? They build mosques here, they're preaching their hate here. They're training here in this country. They're also building training camps. We get the daily reports from law enforcement all over the country. Why don't people get that the enemy is here? We never would have allowed the Nazis in World War II to set up recruiting stations in downtown New York, and yet for some reason, we're allowing Fascist Muslims …

BS: It's the civil Libertarian thing.

We have to be careful, our civil liberties have to be protected, but when we clearly have evidence of terrorists in this country, who are not U.S. citizens, most of them, we have every right to monitor them. That's truly what we should be doing, not monitoring U.S. citizens who do not have the reason to be monitored without any probable cause. I have not seen any national security intelligence or military intelligence in 12 years. I've been out of office. But I saw it 12 years ago and I can tell you, 12 years ago there were terrorists in this country. There are terrorist training camps in this country, and we know where they are, but the problem is this insidious situation with illegal immigration, especially from the southern borders.

We know that there are Muslim terrorists coming through Mexico, and into this country. They get in here, and it's scary. You know, I don't want to raise alarms here, but I asked this question. This'll give you the chills. I said to one of the top people in the intelligence community just before I left office in 2002 in the CIA. I said, I want to ask you a question. 'What keeps you up at night?' They already had 9/11, and that's pretty bad, you know, commandeer planes crashing them in New York City and into the Pentagon.

"What keeps you up at night? What really scares the daylights out of you?"

He said, "Let me preface the answer by saying, 'We have no evidence that this is going to happen, but you asked me what keeps me up at night, could it happen? And here's what he said. He said, "Could you imagine getting up on a Sunday morning, say 10 or 11 o'clock in the morning, turning the TV on, and CNN, Fox, whatever you've got on, says breaking news. 'A Church in Montclair, New Jersey, with 500 people in it was blown up this morning by a terrorist... Wait a minute, wait a minute. Breaking news, Austin, Texas, a library, in Austin, Texas, today, blown up today. Wait a minute, wait a minute, New York City, it's coming in one right after the other. New York City, Sacramento, Denver, Tallahassee. All apartment buildings, restaurants, soft targets, libraries, whatever. All the churches, synagogues, all at once. 9am, 10am, 11am, the same hour, same day, coordinated, 100 different cities. He said they could do it, and if they did, it would be absolute pandemonium in this country. There are apartment buildings, where at that time I had seen evidence where a guy, a terrorist, could literally rent an apartment, lease an apartment, in a building that has 100, maybe 500 families in it in New York City.

I don't know, where Trump Tower or someplace, and … Bring a bomb in, piece by piece, set it up, set it off. We have cell phone capabilities now. We have all the technology to do this stuff. And he said that would just cause absolute pandemonium in this country. It would put everybody in total fear, and he said, that keeps us up at night, and that's why we have to monitor carefully who comes in here, and that's why illegal immigration should stop. We should seal the borders and allow legal immigrants that we know who they are and we know why they are coming here.

TD: Can we get a wall with a moat, an electric fence, and piranhas, and alligators? That's what I want. I'm not running for US Senate, but that's what I want.

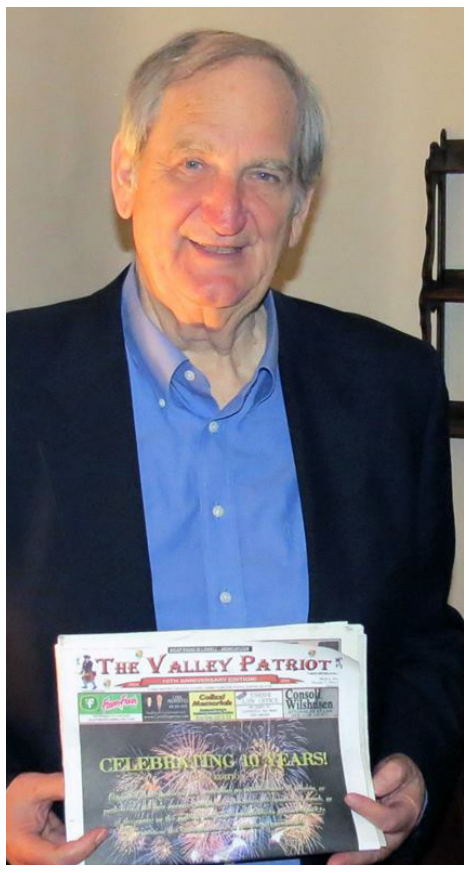
BS: That's probably a little too far. But I'll tell you what, we can have enough border patrol and people will say, "Wow, that'll cost a lot of money." It won't cost as much as what it costs for the damage they do when they get here. The benefits that they take, the crimes that they cause, the services we have to provide. All of that is a lot more than what it would cost to guard the borders.

TD: What about the children of these immigrants who come here illegally? They get into a situation, but it's not their fault. They were brought here by their parents. They're here illegally, but they didn't break the law. They were brought here as children. Those who were brought here when they were three or four years old, and then years later when they're trying to get into college, and they themselves find out for the first time they're illegal, that they were brought here illegally. What do we do with them?

BS: They're still here illegally and I think that is a difficult part of the discussion. I'm not in favor of amnesty, period. I think that amnesty is wrong. It sends the wrong message. I think what you have to do is they have to be removed and get in line for citizenship like everybody else. There may be a reason why they should have, maybe a little more of an opportunity to get here, but first, they have to be removed. They're illegal people. They are illegal citizens, and it's not fair to the people who want to get here legally. I know it's disruptive, and I know it's harsh, but there are things you can do once they're removed and we look at the situations on an individual basis. Fine, but you can't reward that activity, in my view. I know it's a tough part. You ask a very difficult question, but I can't support amnesty.

TD: The other side says 'how unfair it is to some of these kids'… I'm going to focus on the kids for a minute; you know whenever you argue with a Democrat, they always take the exception to every rule, so I want to stay focused on that if you don't mind. There are kids that just find out when they are just applying to college that they were brought here illegally. They've lived here their whole lives, and those of us on the right have taken a really strong stand, saying, "Well, you know, it doesn't really matter the circumstances. You have to go home." Well, to them, their home is here.

BS: Well, I'm still sticking to my position. No amnesty. I blame that on the lack of enforcement of the laws by the Federal Government. We have laws, and if you



know that somebody is illegal, then don't allow them to stay here and raise children here and create these problems. A lot of these people are not hiding. They're illegal.

TD: They're rallying in the streets with signs.

BS: Exactly. Nancy Pelosi spoke to a thousand of them ... I don't know how many of them, but I thought it was a thousand people, a bunch of illegals that she spoke to a couple years ago. Well, if you know they are illegal, and she is speaking to them, why are they here? Why are they not processed in and processed out? It's no different than anything else. If you move from one region to another region of the country and you have children, your children go with you. That's where they go. And yes it's hard, but maybe the parents should have thought about that. Parental responsibility here. They brought children in here illegally, and they gamed the system.

It's not the children's fault. I would agree with you on that. That is a very difficult situation, but you have to deal

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In VA Scandal, Granite Staters Bear a Unique Culpability

D.J. BETTENCOURT

VALLEY PATRIOT NEW HAMPSHIRE COLUNMIST

Those unfamiliar with the Veterans Administration (VA) scandal have undoubtedly still heard of the hullabaloo of political leaders and bureaucrats deflecting blame for the bureaucratic homicide of American veterans through a tragic combination of administrative incompetence, medical malpractice and disgraceful indifference.

To summarize, a courageous whistle blower within the Arizona VA system revealed that government officials falsified information to hide delays about how long veterans were waiting to receive care at VA hospitals, which resulted in three proven deaths. The initial revelation subsequently exposed that VA hospitals have been using contaminated kidney-dialysis machines, permitted chronic emergency room overcrowding, and a total failure to enact any measures of accountability.

The reality is that everyone shares blame. There is one group that is hardly surprised by this scandal: the veterans who rely on the VA. Their justifiable cynicism of the system runs deep and they know that the blame for the current scandal and the solutions to fix it are bipartisan.

President Obama is the Commander in Chief and is no less responsible for the current VA than President Bush was for FEMA during Hurricane Katrina. Prior to this scandal, Obama had not met with this VA secretary for over two years. Twenty-five years ago the head of the VA was made a cabinet level position to ensure the president would be directly informed about veteran issues. However, the concept only works if the president is paying attention. President Obama wasn't.

Congress is also culpable. Every election season politicians drape their campaigns with veteran endorsements while heaping platitudes about the debt we owe them. Yet few have moved beyond lip service to substantively improve veteran care.

Today, even common sense solutions fall victim to partisan gridlock. In the place of reform is the partisan blame game Americans have become angrily accustomed. Everyone supports having a competent VA and yet the unremitting partisanship that has infected our politics has paralyzed action and bears responsibility for the current tragedy.

Lastly, voters are also responsible and Granite Staters bear a unique culpability. Most times we use our "First in the Nation" primary role to properly vet candidates running for president. However, how many of us have grilled them about a concrete plan to improve the VA system? Have we sufficiently demanded specifics on how candidates will improve the physical and mental health care our veterans have earned? Sadly, the answer is that we have largely been neglectful in holding candidates accountable on veteran care.

New Hampshire is home to approximately 125,000 veterans but we are one of only two states without a full time VA or Tricare service hospital. While some of New Hampshire's leaders in Washington have attempted to address this they haven't delivered results. Veteran care in New Hampshire is quite good but it could be better.

Enough of the blame, what is the solution? There are no quick fixes but fortunately there is legislation currently before Congress that begins the journey to reform. House Resolution 4031, the VA Management Accountability Act is a good first-step in achieving reform. It will allow the VA secretary to remove negligent VA administrators. Unbelievably the secretary does not currently have that authority. Being able to swiftly act and implement accountability will start to eliminate some of the delays, low-quality of care, and wasteful practices that are pervasive in the current VA.

While this important legislation passed the House, it is being blocked in the Senate because of partisan gamesmanship. This Memorial Day, let us honor the sacrifice of our veterans by taking a moment to improve the care of our current veterans by calling Senators Jeanne Shaheen and Kelly Ayotte and respectfully encouraging them to bring HR 4031 for a vote and getting it to President Obama's desk.

Enough lip service, the time to act is now.

Top Ten Tips To Prevent Chronic Lyme Disease

Dr. Jin Sung
CHIROPRACTIC PHYSICIAN

Chronic Lyme disease patients may face a long hard fight to wellness. People with chronic Lyme can have many debilitating symptoms, including severe fatigue, anxiety, headaches, and joint pain. Without proper treatment, chronic Lyme patients have a poorer quality of life than patients with diabetes or a heart condition.

The fact is Lyme is a complex disease that can be highly difficult to diagnose. Reliable diagnostic tests are not yet available which leaves many—patients and physicians alike—relying on the so called "telltale signs" of Lyme disease: discovery of a tick on the skin, a bull's eye rash, and possibly joint pain. However, ILADS research indicates that only 50%-60% of patients recall a tick bite; the rash is reported in only 35% to 60% of patients; and joint swelling typically occurs in only 20% to 30% of patients. Given the prevalent use of over the counter anti-inflammatory medications such as Ibuprofen, joint inflammation is often masked.

The following tips are designed to offer guidance and minimize the risk of contracting chronic Lyme disease.

1. Know that Lyme disease is a nationwide problem

Contrary to popular belief, Lyme disease is not just an "East Coast" problem. In fact, in the last ten years, ticks known to carry Lyme disease have been identified in all 50 states and worldwide. Although the black-legged tick is considered the traditional source of Lyme disease, new tick species such as the Lonestar tick and a pacific coast tick, have been found to carry Borrelia burgdorferi, the corkscrew-shaped bacterium that causes Lyme disease.

Avoiding a tick bite remains the first step in preventing chronic Lyme disease. One needn't have been "hiking in the woods" in order to be bitten by a tick. There can be ticks wherever there is grass or vegetation, and tick bites can happen any time of year. Spraying one' s clothes with DEET-containing insecticide, wearing long sleeves and long pants, and "tucking pants into socks", continue to be the best ways to avoid ticks attaching to the skin. But don't forget the post-walk body check.

2.Check your tick facts

Ticks can vary in size from a poppy-seed size nymphal tick to a sesame-seed size adult tick. The ticks can carry other infectious agents besides the spirochete that causes Lyme disease, including Ehrlichia, Anaplamosis, Babesia, and Bartonella. Lyme disease can sometimes be hard to cure if these other infections are not treated at the same time.

3.Show your doctor every rash

The bull's eye rash is the most famous, but there are many other types of rashes associated with Lyme disease. In fact, Lyme disease rashes can be mistaken for spider bites or skin infections. Take photos and make sure a medical professional sees the rash before it fades.

4.Don't assume that you can't have Lyme disease if you don 't have a rash

Lyme disease is difficult to diagnose without a rash, Bell's palsy, arthritis, or meningitis, but you can still have Lyme and not have any of those signs or symptoms. Many people react differently to the infection and experience fatigue, headaches, irritability, anxiety, crying, sleep disturbance, poor memory and concentration, chest pain, palpitations, lightheadedness, joint pain, numbness and tingling.

5.Do not rely on test results

Currently there is no reliable test to determine if someone has contracted Lyme disease or is cured of it. False positives and false negatives often occur, though false negatives are far more common. In fact, some studies indicate up to 50% of the patients tested for Lyme disease receive false negative results. As a result, the CDC relies on physicians to make a clinical diagnosis based on a patient's symptoms, health history, and exposure risks. Doctors who are experienced in recognizing Lyme disease will treat when symptoms typical of the illness are present, even without a positive test, in an effort to prevent the development of chronic Lyme disease.

6.Be aware of similar conditions

Chronic Lyme disease is called the "great imitator" because it is often misdiagnosed as another condition such as Multiple Sclerosis, Fibromyalgia, chronic fatigue, or anxiety. Misdiagnosis is a common experience for patients with chronic Lyme disease. Treatments that work for these other illnesses are not appropriate for treat Lyme disease. Currently, the only effective treatment for Lyme disease is antibiotics. Ask your doctor to carefully evaluate you for Lyme disease even if your tests are negative.

7."Wait and See" approach to treatment may be risky

Up to fifty percent of ticks in Lyme-endemic areas are infected with Lyme or other tick-borne diseases. With odds like that, if you have proof or a high suspicion that you've been bitten by a tick, taking a "wait and see" approach to deciding whether to treat the disease has risks. The onset of Lyme disease symptoms can be easily overlooked or mistaken for other illnesses. Once symptoms are more evident the disease may have already entered the central nervous system, and could be hard to cure. This is one case in which an ounce of prevention really is worth a pound of cure.

8.Don't be afraid to get a second opinion

Recognize that opinions on how to diagnose and treat Lyme disease vary widely among physicians. It is worth getting a second or even a third opinion, especially if you are symptomatic and your doctor advises not to treat, or symptoms recur or persist after treatment. Keep in mind that your physician may focus too narrowly on diagnosing and treating a single symptom. For example, a physician may diagnose a pain in your knee as "arthritis", and not see this as just one part of a larger set of symptoms that adds up to a diagnosis of Lyme disease, which requires different treatment.

9.Know your treatment options

Work with your doctor to identify the appropriate treatment option if your symptoms persist. There is more than one type of antibiotic available. Longer treatment is also an option. You should also work with your doctor to make sure you don't have another condition.

10.Expect success

You should expect to get better. You should not accept "watchful waiting" - the practice of stopping antibiotic treatment before you are well and then waiting for symptoms to clear on their own. Some doctors advocate stopping Lyme treatment while the patient is still symptomatic and then hoping that he or she will eventually recover without further treatment. Government trials have identified a number of individuals whose symptoms did not clear when treatment was cut off prematurely. There are doctors who feel your symptoms will clear with further antibiotic treatment.

Source: International Lyme and Associated Disease Society

Natural Insect Repellent!

It's insect season and nobody enjoys getting bitten. What you may not know is that there is a healthier option! Natural insect repellent, most commonly made of essential oils such as geranium, lavender, and citronella, is just as effective without the risk of excessive chemicals, such as DEET. Natural insect repellents provide coverage for a shorter time than bug spray, so it's best to apply often. The really good news, that you also may not know, is that you can make natural insect repellent yourself!

Ingredients for a SPRAY:

***Make sure to use a 10:1 ratio of Witch Hazel to essential oils

* Approximately 7 tablespoons of Witch Hazel
* 2 teaspoons of citronella
* 2 teaspoons of geranium
* 2 teaspoons of lavender

Instead of witch hazel, either: rubbing alcohol, vodka, or olive oil may also be used.

**Also, remember to shake well before each use!

Ingredients for a LOTION:

* 2 ounces of distilled water
* 2 ounces of olive oil
* 120 drops of an essential oil

**Citronella is typically the most effective.

Directions for the LOTION:

* Put the water in a deep mixing bowl
* With a wire whip, beat quickly while slowly drizzling in the olive oil
* After the oil is mixed with the distilled water, stir in the essential oil

Other essential oils that may be used are: lemon eucalyptus oil, lemongrass, neem oil, red cedar wood oil. Tea tree oil will provide a quick relief if you do get bitten by a mosquito!

Dr. Jin Sung is a chiropractic physician who helps his patients both neurologically and metabolically to solve complex health issues. He can be reached at 978 688-6999. Or visit his website at www.DrJinSung.com.

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TEN YEARS AND COUNTING!
THE VALLEY PATRIOT
2004-2014

Mark Fisher
Republican Candidate
for Governor

Health Care at Dept. of Veterans Affairs … What Went Wrong?

DR. FRANK MACMILLAN, MD
VALLEY PATRIOT MEDICAL COLUMNIST

A decorated General resigns, a President is besieged, and a certain Arizona Senator is fit to be tied. Newspapers say the VA is in scandal, people die waiting for care. What happened?

The Department of Veterans Affairs is an agency of the federal government that does a lot of things. Chief among them is that it runs a health care system that takes care of our veterans who have "service connected" injury and disability after their service has ended. The Armed forces have a separate parallel health care system for active duty personnel, and there is a third system called Tricare, that cares for military dependents (the families of service personnel).

It is first necessary to understand that the VA system touches not only service connected veterans, but in fact, every physician who has gone to medical school in the United States, and/or has done an internship or residency. Your family physician, obstetrician, and surgeon all have first hand experience at the VA, because the VA is in every major city, and is affiliated with every major medical school. If you want to talk with someone who knows a bit about the VA, you only need to call the local doctor you have known many years because chances are excellent that he or she had rotated through a VA facility probably more than once in their career.

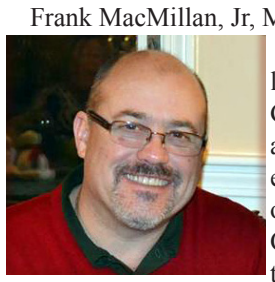
I personally rotated through the West Roxbury VA, the Jamaica Plain VA, and the Manchester NH VA. The three Boston area medical schools including Boston University, Harvard and Tufts all depend on the VA facilities to help train their students and residents. I can tell you that some of the finest and most skilled physicians that I have ever met, and have had the privilege of training under, had their primary affiliation at a VA facility.

So, how does a system with so many assets fail so miserably at getting the veterans with the most need timely access to their doctors and nurses? There are two reasons: administrative bloat and poor accountability. Many physicians who train at VA facilities do not stay because it is necessary to learn a new language to function. There are a seemingly infinite number of regulations and processes to getting anything done, there is a culture of the "system", and medicine does not work like that anywhere else. My own observation is that veterans themselves are very appreciative of the care they receive, and almost never complain when something isn't right. It must come from the experience of serving, they are used to the queue, and don't usually try to manipulate the process, because everything in the military has to go through a process to produce a result.

Given the enormity of the scandal, there has been a call for heads to roll, and this is happening already. The problem of access will not be solved by decapitating the agency however. While the VA probably comes close to meeting a reasonable person's definition of socialized medicine, so does the Army, so does Medicare, and so does Tricare. Nobody is talking about dismantling those programs. Where we are, at present, is a crisis where there is an unaccountable bureaucracy that is entirely deaf to the voices of its constituency, and that constituency of veterans has no recourse to go elsewhere and force the VA to respond to its needs. There is also a lack of oversight that can only be described as criminal, where incentives to improve access to veterans are manipulated in such a way that bonuses are paid for bogus endpoints. This should be prosecuted to the fullest extent of the law, and jail time for such offenses may be appropriate.

We don't need to destroy the VA to save it. The Tricare program, which runs just like Medicare, allows military dependents to go to any private doctor or facility that accepts its payment (exactly the same as Medicare). Veterans should be able to have a similar portable benefit that allows them to access the civilian medical system. Having been at three VA facilities in my career, I expect that many vets will continue to use the VA system. There is a good side of that culture (outstanding doctors, veteran camaraderie) that has been forgotten in the scandal, but veterans do not deserve to be held hostage to a system when it doesn't respond to their needs. Let's not kill it to save it, but rather give our veterans a portable benefit that solves the access problem, and provides our VA system with the proper incentives to reform itself.

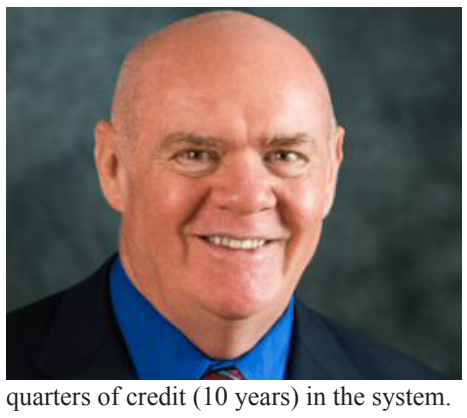
Frank MacMillan, Jr, MD, FACG



Dr MacMillan specializes in Gastroenterology and Liver diseases, is a Fellow of the American College of Gastroenterology and it's Massachusetts Governor. He is Vice President of the Massachusetts Gastroenterology Association. Dr MacMillan is a native of North Andover and practices Gastroenterology in Haverhill at Merrimack Valley Hospital, where he currently serves as the Chief of Medicine. He has also been a member of the North Andover Board of Health since 2007.

Social Security, Retirement, and Employment Law

Attorney Timothy F. Stark, Esq.
VALLEY PATRIOT LEGAL COLUMNIST



Since Social Security and various retirement and disability programs are at least, in part, funded through employee payroll deductions, I thought it might be helpful if this month's column provided a brief history of the programs and some simple explanations as to how they work.

The Social Security Act was passed in 1935 and was even more controversial than "Obama Care" is today. In fact, many pay envelopes during the 1936 presidential election included a flyer that read in part "that you have been sentenced to a weekly pay reduction for all of your working life. You'll have to serve the sentence unless you reverse it on November 3." Of course Franklin Roosevelt, the principal sponsor of the bill, won the election anyway and in 1937 Justice Cardozo wrote the Supreme Court decision finding the Social Security Act of 1935 to be constitutional.

The present Social Security system consists of five basic parts: a retirement system, a life insurance system, a disability system, a medical insurance system, and the welfare system called SSI. Employers and employees support the system by contributing 6.2% of the employee's salary. Self-employed workers pay the whole amount themselves. This tax is applied to the first $114,000 of an employees wage. The deduction appears as "FICA" on the employee's paycheck.

The money funds the five programs.

An employee is eligible to receive the retirement benefit of Social Security when he or she is old enough and has 40 quarters of credit (10 years) in the system. "Old Enough" in this context is at least 62 years of age. Full retirement benefits don't accrue until, and unless, a person retires at the age of 66. If an eligible employee postpones their retirement, they receive an additional 8% per year up until age 70. By 2027 the age of full retirement will be at least 67 years of age.

Disability benefits are a second part of the current Social Security system and are paid to employees who are unable to work because of a significant health impairment, and who have accumulated enough quarters of credit to be eligible for the benefit. This program covers long-term disability and takes into account the age, education, and work experience of the employee, but is primarily concerned with the severity of the impairment. Some people qualify for this benefit not on their own but because their parent is covered by Social Security.

Social Security also provides a life insurance benefit for dependents of a deceased worker if the worker was eligible for, or receiving retirement or disability benefits at the time of, the workers death.

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with it. You can deal with it humanely, but first, you have to remove illegal aliens from the country, and then you start with whatever you're going to do. If there are special cases where there are people who deserve for whatever reason, to come back legally, and have that work through the city and have them come back legally, but no amnesty, no special privileges.

TD: Republicans are painted by the national media as not caring about poor people, not caring about minorities. I want to give you an opportunity to address that. If you become a Senator for New Hampshire, what will you do to help people who are poor people, who are indigent people, who are minority, who are having a hard time, whether it's because of racism, the economy, whatever the reason is that they're in the state that they're in. What will you do as a Senator for those individuals? You are going to get that [question] after the primaries, so I am going to hit you with it now.

BS: The first thing you do is create jobs. You have to… I don't want to be impersonal about it, you asked a very impersonal question. You deregulate, you cut taxes, you cut spending, and you encourage the economy so that's there's growth in people… some of these people are in tough situations, who need jobs desperately. They'll get jobs, and they'll have the opportunity to seek and receive the employment and take care of their families, as most citizens want to do. They don't want be wards of the state. They want to have equal opportunity, but not equal results. You have to have the equal opportunity. That's what America's all about. You don't guarantee results. You just give people the opportunity. So we're always accused of war on women, for example.

TD: That was my next question, so I'm glad you brought it up.

BS: War on Women is when you tell a woman that she can't have her own doctor. She's six months pregnant. She's had two children and now she's being told, "You can't have that doctor anymore. You can't have your health insurance anymore. Or some woman perhaps wants to form a business. It's a small business and they can't afford to do it because of regulations, taxes, all these insidious things that the government demands of them. That's a war on women. And men too, but it's also war on women. So I think government needs to be there to help us. That's why we created it… to defend us, to build highways perhaps, or cleanup rivers, build up highways, or open rivers, so we have transportation. That's a legitimate… to protect our Defense, defend us. Those are legitimate Constitutional responsibilities, but most of this stuff is not. The Department of Education is not.

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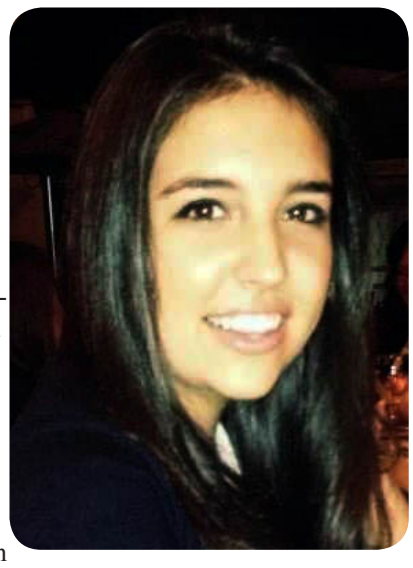
TEEN TALK WITH ANA DEBERNARDO

What is Happiness?

This past week, my class was asked to write a paragraph on what "happiness" means to us and what our own idea of happiness is. For the first time, I was forced to consider the question, "What is the essence of joy?" At the beginning of class, our teacher handed us a packet filled with research collected by several prestigious doctors of psychology and sociology experts. It contained a study conducted by a noted doctor from Minnesota who had calculated an actual mathematical formula that could supposedly ensure one's happiness. The article went on to explain that multiple factors are involved; among them, our genetic makeup, the personal qualities we possess, a balanced amount of money, love and health, and the circumstances we are put in (all of which he then multiplied by 3 and subtracted 7...or something like that). Immediately, upon reading this, I detected the falsehood in his results, and instead of pondering the possibility that there was some truth hidden behind his experiment---went on to scoff at the fact that almost everything is being analyzed nowadays – things that do not require formulas to "solve."



This past February, I was lucky enough to fly to Miami with my mom and my sister, to see our favorite Spanish singer; Pablo Alborán. Seeing that his popularity lies in Latin America and Spain, and that he really doesn't have many American fans in our predominantly English-speaking country, we KNEW the opportunity to see Pablo in concert had to be seized. Conveniently enough, my mom has a sister who lives in Miami, and the concert happened to fall on a long weekend. So, we took advantage of the situation that was clearly meant to be and took a mini jaunt down to Florida. From Friday to Tuesday, we spent our days tanning ourselves on the hot Miami sand and sharing the last 7 years' worth of stories with our family (who we hadn't seen in that time). All I remember is being so happy the entire weekend and wanting nothing else but to stay there forever with my two favorite ladies in the beautiful Florida weather.

I find that "happiness," however, has many different definitions and means something different to every person. My idea of happiness is a concert, warm weather, and family time, but other people's idea can be far from that. I also do not agree with the idea that an equation exists to calculate happiness. Happiness is not something that can be measured, nor something that can be attained via algebraic formulas. Happiness is a state of life, not the answer to a math problem. In my opinion, if someone were to ask me what the main ingredient of happiness is (out of the three choices given: money, love, and fame) I would without a doubt say love. This is not to say I mean purely romantic love, but the experience of loving your family and friends, for example, and being loved by them in return. One of my favorite quotes is: "If you have nothing but you have love, you have everything. But, if you have everything and you don't have love, you have nothing." (I have heard the same said of good health, as well). I love this quote because it's so simple, yet it summarizes the key to happiness in such a barefaced way. That is all you need to know in order to be happy: if you have love, you have everything. If you have all the material trappings in the world but not love, you have nothing.

I think that the lack of love in one's life is one of the main reasons why so many people nowadays are lost and as a result, search for happiness in all the wrong places. All of the things wrong with society, like the abuse of drugs and alcohol, are glorified in our distorted culture, and the upcoming generations are being conditioned to believe that such a path is the new normal. Our world is being drained of love, and no love means no happiness. Therefore, world, this is my suggestion to you: love and allow yourself to be loved, because everyone wants to be happy, and happiness can't be yours without first learning to love.

BABIES AND BRIEFCASES

HOW TO ENCOURAGE YOUR CHILD TO STAY MOTIVATED AT THE END OF THE SCHOOL YEAR

Cheryl Hajjar
VALLEY PATRIOT MOMMY COLUMNIST

Its springtime and the sun is finally shining after a long, depressing winter. Your children are wearing shorts to school and playing outside after dinner. The school year is coming to a close and everyone is dreaming of their summer vacations, but the homework unfortunately is still coming home and needs to be completed. Your child just moans and groans when you ask them to sit down and do their work. Getting them to do their homework at this time of year is like trying to pull all of the teeth out of a great white shark's mouth. It's next to impossible. If you are like me, you take an active role in your child's studies. But how do you motivate the unmotivated?

Rule number #1: Lead By Example - Never tell them how excited you are for summer vacation. Of course I have already made this mistake, so I don't want you to do the same thing. Learn to lead by example. If your child sees you working or studying yourself, they are more likely to want to imitate you. Monkey see, monkey do.

Rule #2: Let Them Play Outside - Give your children incentives by encouraging them to get their homework done first thing afterschool so they can go play outside after they are done. Watch how fast and studious they become!

Rule #3: Praise Them - I am a strong believer in encouragement and positive reinforcement. When they do well on a test or finish their work earlier than expected, let them know. Everyone likes to know when they have done a good job, even children. It gives them the satisfaction they need to get through those last remaining days.

Rule #4: Keep The Routine Consistent - The worst thing you can do is take your child out of their routine and expect them to perform the same way. If they are used to doing their homework afterschool, do not take them to the park or for an ice cream at the times when the homework is usually being done. This throws them off kilter and they will be more likely to get home and want to sit down in front of the TV or on their electronic device and not complete their work.

Rule #5: Keep Up The Fruits and

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They also may be eligible if the worker was fully insured at the time of death, even if the worker was not receiving the benefit at the time of death. In some cases, even if the deceased worker was not fully eligible for a benefit, a dependent child may still qualify. Of course the child must have been dependent upon the worker at the time of death. Most people don't require the help of an attorney to apply for any of these benefits, but simply have to go to their nearest Social Security office and apply. If, however, their application is denied and they wish to appeal the decision, obtaining the services of an attorney can be very helpful.

There are, of course, private retirement accounts; most of which are covered under a federal statue. The Employee Retirement Income Security Act, (ERISA), was passed in 1974 and regulates private pension funds and employer benefit programs. Examples of some of these plans include Individual Retirement Accounts (IRA's), 401k's, and "Keogh" plans for self-employed workers. The term "defined benefits plan" refers to employer pensions and provide the retired worker with a percentage of their preretirement income. The term "defined contribution plan" refers to the above described IRA's etc. and are differentiated from the pensions in that they are in the individual's name and have a pool of money available to the employee upon retirement. The ERISA statute makes it unlawful for an employer to terminate an employee in order to deprive the employee of the benefit of any of these programs.

Of course, all of these programs involve employee rights and the laws that govern them can sometimes be confusing. If you need clarification or explanations it's often advisable to seek the advise of an experienced employment attorney.

SR. CENTER: FROM 5

gratefully accepted.

MONTHLY MYSTERY RIDE: Thursday, June 12th. Visit a local senior center for lunch then visit The Long Hill Estate & Sedgewick Gardens. Bus leaves at 9:30am. Cost $10.00.

MONTHLY SUPPER CLUB: Thursday, June 19th. Turner's Seafood, Salem, MA. Sign up in person with payment is the first Wed. of every month (June 4th). Reservation for 5 p.m. Bus $4 Separate Checks – order off menu. Buses depart the Senior Center at 4:15pm.

FOOT CARE: RN Catherine Languedoc, Foot Care Specialist, will be available on the third Friday of every month from 9-2:30. Next date is June 20th. Dr. Connolly is available on the second Wednesday of the month next date is June 11, 1-4 pm. Please call ahead to schedule an appointment.

HEARING CLINIC: June 18th Miracle-Ear will be at the North Andover Senior Center (3rd Wed. of every month), 10-12. Sign up with reception for a free screening.

ROCKINGHAM MALL TRIP: 4th Monday of every month. Next date June 23rd, @ 1pm. $4.00 round trip.

NACC SENIOR GOLF PASSES – Two packages available. Passes are $6 each. Must pick one set of dates to play. Play on Mondays starting in June. Pass allows you to play 9 holes for $15 and 18 holes for $20. Call Senior Center.

Volunteers are the backbone of the North Andover Senior Center; we currently need Medical Transport Volunteers. You can set your own hours. Call the Senior Center for more information. Speak with our Program Coordinator at 688-9560 for application and assistance.

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TV TALK WITH BILL CUSHING

Summer is No Longer a TV Wasteland

Bill Cushing
VALLEY PATRIOT TV COLUMNIST

Not too long ago, the summer season was a vast wasteland for TV lovers. As recently as the 90's you would be hard pressed to find any new programming at all between June and September. Sure, you had a few new shows that premiered over the years during the summer. Seinfeld is one of the more celebrated shows to premiere over the summer. It premiered on July 5, 1989 as "The Seinfeld Chronicles." It was far from a hit. NBC had no plans on picking the show up and even shopped it to FOX, who declined. NBC found money in the budget to film four more episodes and the rest was television history.

As Cable TV became more widely available, the idea of summer reruns steadily faded. Cable networks realized that summer was a good time to put on their original shows. The broadcast networks saw their audiences go to cable in the summer and, in many cases, ¬ never come back.

Luckily, things began to change when the calendar flipped to the year 2000. That summer, a little show called "Survivor" premiered on May 31 and quickly became a ratings and cultural phenomenon. Its premise was simple. Strand a group of strangers on an island forcing them to live together, each week casting off a member of their "tribe." The castaways would compete in challenges for rewards and immunity from being voted off the island. The last person standing would be awarded $1 million dollars. No actors, no scripts. The shows finale, on August 23, 2000, drew 51.7 million viewers. Nielsen determined that 125 million Americans watched at least part of the finale. It would become the 2nd highest rated television program of the decade, second only to the series finale of "Friends." The TV industry took notice. Summer could be the place for new programming, and no longer a place for reruns.

In the years following Survivor's massive ratings, other programs continued to have success in the summer months. The genre of Reality Competition programming has benefited the most. Shows such as "American Idol," "Dancing With The Stars," and "Big Brother" were all summer shows that were ratings juggernauts for their respective networks.

In recent years, scripted programming has begun to have summer success as well. Last year, "Under The Dome" premiered on CBS on June 24 and became a hit. The show will return on June 30th for its second season. ABC's "Rookie Blue" will return on June 19th for its 5th season, every one of them being broadcast during the summer.

There was a time when if a pilot failed to get a slot on the fall schedule that was the end of its chances. Now there's hope. Many pilots that fail to get that coveted fall premiere now will get a chance to fill the many slots of summer programming. The networks are always looking for that diamond in the rough to give a second chance, and hopefully find the next big hit.

One thing is for certain. With all of the choices for TV viewers these days, there is never a shortage of new programming for the TV lover during the summer months. Between Broadcast, Cable, and services like Netflix, and Amazon, there will be hundreds of hours of shows to keep viewers satisfied as the temperatures begin to rise.

Do you have any questions about TV? Email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future column.

Follow Bill on Twitter @TVNewsandNotes and on Facebook at TVNewsandNotes

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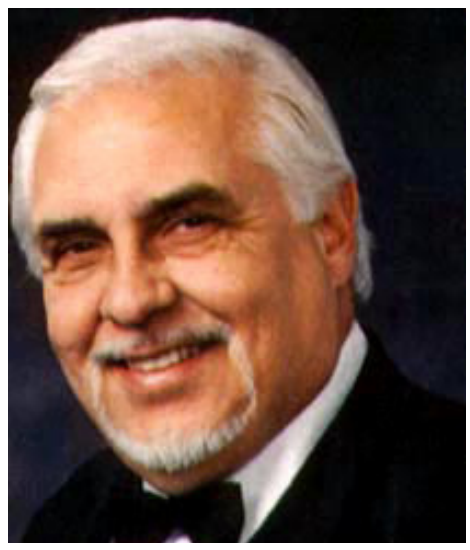
MIND OVER MATTER with JERRY VALLEY

How Hypnosis is used in Medical Procedures

JERRY VALLEY
VALLEY PATRIOT HYPNOSIS COLUMNIST



In my 44 years in the hypnosis field, I have worked with the medical community in various categories such as painless childbirth, dentistry, pre-operative and post-operative conditioning and helping people cope with the fear of surgery.

Let me basically explain the functions of the conscious mind and the subconscious mind.

The conscious mind is the one you think with, while you are awake. It is analytical, critical, makes decisions and contains your will-power. However, this mind shuts down completely when we fall asleep. We are unconscious.

The subconscious mind is literal and acts much like a computer….it does not analyze but only store EVERYTHING we have ever touched, smelled, seen tasted and heard from the moment we were born. This mind contains the ANS (Autonomic Nervous System) which controls our heart beat, our lungs breathing, our eyelids going up and down …… EVERYTHING IN OUR BODIES IS UNDER THE CONTROL OF THE SUBCONSCIOUS MIND. It is so powerful that it can override the conscious mind every time. It also has your memory bank, your beliefs, any phobias and so much more….it is a vast COMPUTER.

Hypnotists work with the subconscious mind. We bypass the conscious and then the subconscious, if it wants to, accepts the suggestions for self-improvement.

One of the greatest quotes I ever heard was this: "THE HYPNOTIST GIVES YOU THE SUGGESTIONS BUT YOU MUST HAVE THE DESIRE FOR THE SUGGESTION TO BE ACCEPTED AND WORK!"

Psychologists have made this analogy: "THE CONSCIOUS MIND IS LIKE A DROP OF WATER IN THE OCEAN……AND THE SUBCONSCIOUS MIND……IS THE OCEAN!"

Do you know why most people cannot stop smoking with shear will-power? It is because the subconscious mind has ATTACHED PLEASURE TO SMOKING and will not allow it to happen until the hypnotist reaches the subconscious mind and changes the behavior. This is, of course, a rather simple explanation of the workings of our two minds.

I have actually developed suggestions given under hypnosis to clients that went into surgery recently.

A lady (Let's call her Susan, a fictitious name) came to my office and she was terrified because she had to have a lumpectomy to remove the cancer from her breast. I calmed her down and did a session with her at which time I made her a cassette tape that had very specific suggestions for her well-being. I told her to take the tape player to the hospital.

In the relaxed hypnotic state, I gave her these suggestions: "Susan….I want you to have total confidence in your professional medical team….the doctors and nurses that will take good care of you. Listen to this message every night and just before you enter the operating room. My message will keep you CALM, RELAXED, CONFIDENT, REFRESHED AND SLIGHTLY HUNGRY. You will feel this way before during and after your highly successful operation. You will be healthier and healthier everyday."

When we finished the hypnosis session, she asked if I could be with her during the operation. I told her that, with her doctor's permission, I would be happy to be there for her as I would be in the Boston area that day and all she had to do was to call my cell phone.

Well, she didn't call and I was a bit concerned. About 5 days later, she called and said "Jerry I didn't call because the taped message worked perfectly!" I am thrilled and everything came out just fine….and I did not get sick when I came out of the anesthesia. That conversation was so uplifting for me….I was so happy for her.

Some years ago, I had a lady call me about her son who desperately needs dental work on 15 abscessed teeth. The problem was that when the dentist (Dr. Parthum) gave the boy Novocaine, he had a reaction to the drug and they decided that he could not take and anesthetic ending in "Caine."

So, as a last resort, she called and asked if hypnosis would work for her son's dental procedure.

I worked with the boy several times in my office and he responded very well. So, we decided that I would be sitting next to him for the entire procedure. What the dentist did for about 2 hours was root canal and the restoring or filling the 15 teeth.

During the 2-hour procedure, I continued the hypnotherapy with the boy who endured the dental session with no anesthesia and

JERRY VALLEY: PAGE 34

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SHEILA'S RECIPE CORNER

SHEILA MULLINS
VALLEY PATRIOT RECIPE COLUMNIST

I was making some dishes for the Custom House Maritime Museum from Martinique. I ran across a chicken fricassee recipe. The basic concept sounded good, but the recipe itself was bereft of information. In one place, it says to put in half of the onions, but no mention of the other half. No liquid(s) mentioned, etc. so I improvised & came up with this. This isn't any chicken fricassee that I've ever had before. But it is as luxurious & creamy as any I've ever had with a wonderful tropic twist. Try it. You will LOVE it! This is a quick & easy comfort food.

CHICKEN FRICASSEE

2 lbs. either boneless skinless breasts OR boneless skinless thighs, cut into 1-1.5" pieces

1/4 c flour or arrowroot (if making this gluten-free)

2 onions, diced

2 cloves garlic, minced

3 T fresh thyme (no substitutions)

2 c dried unsweetened coconut flakes

1 T curry powder

1 t salt

1/2 t pepper

1 T each butter & vegetable oil

1 can each coconut milk & cream of coconut

Heat on medium high a large skillet, add oil, butter, onion, & chicken. Sautee until lightly browned. Sprinkle curry powder & flour. Stir for a minute. Add remaining ingredients. Cover. Simmer 10 minutes. Serve either plain or over coconut rice. Serves 6-8.

SALMON EN PAPILLIOTE

I was thinking the other day about the fact that what one doesn't need is a huge range of "impressive" meals, just a handful. If they are quick & easy, so much the better. My best friend doesn't cook but she's wanted to learn. This is a dish that I prepared with her for her & Jerry to try. It's pretty easy, cooks in one step, & clean up is so easy! Moreover, the main course & side cook together so it's one & done! A few things to note, in cutting the parchment paper, which is available at your local grocery store, you will need a piece much larger than you think. The most difficult part is properly folding the edges so they are completely sealed. You can, post-folding, staple the packet closed to ensure it stays closed. If you want to make your life even easier you can go online & look up "parchment cooking bags" & use them. I have yet to find them in a local store. They resemble paper lunch bags into which you place the food & simply fold the bag opening over a few times. Now that's easy!

2/3 c each julienned zucchini, carrots*, yellow bell peppers (or any other veggie that you prefer)

6 thin slices of lime or lemon

6-8 sprigs of fresh thyme (or any other herb you like)

salt & pepper

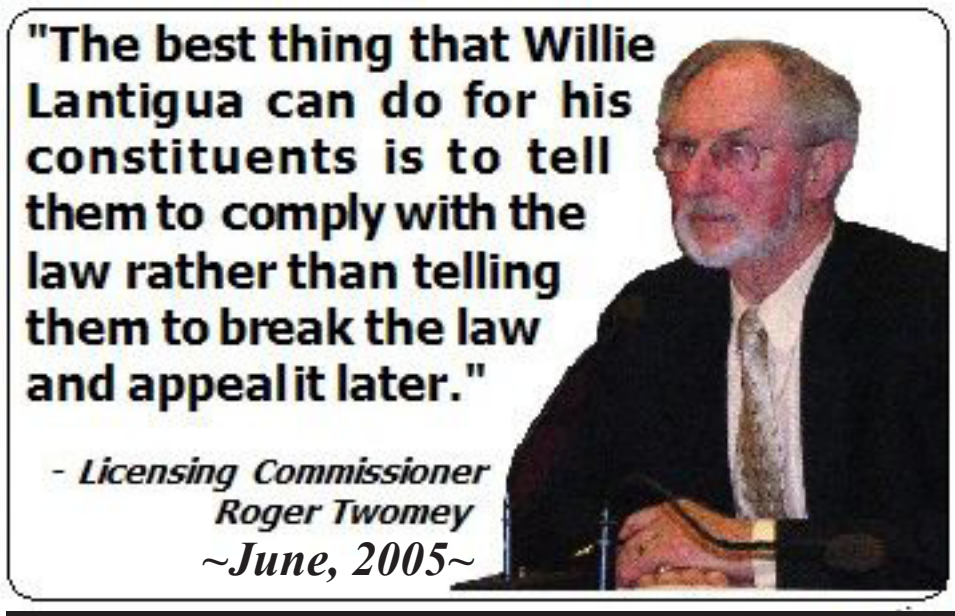
canola oil

12 oz. skin on salmon fillet

roll of parchment paper or parchment cooking bag

Cut parchment paper to size (for this recipe, the paper should be at least 2 pieces of 16" square or round paper) or use parchment paper bag. Preheat oven to 350°F. Place on a large baking sheet the sheet of parchment paper. If one is using carrots, microwave on high for 45 seconds to 1 minute just the carrots. Place all vegetables on the parchment paper & season with salt & pepper. Check salmon for the tiny bones that are often in fillet. Use your finger to rub over the fillet & pull out bones. Place salmon fillet on top of vegetables. Brush canola oil over fillet. Season with salt & pepper. Cover the fillet with the lemon or lime slices & top with thyme. Complete packet by folding over the top & folding tightly so to create an airtight package. Place in oven for 13-15 minutes. Set to rest for 3-5 minutes. When opening package, please be careful! It will be releasing steam.

Recipes are created by Sheila Mullins. Sheila lives in Newburyport & is a personal cook. She can be reached at Sheila_A_Mullins@hotmail.com & she looks forward to hearing from you.


"The best thing that Willie Lantigua can do for his constituents is to tell them to comply with the law rather than telling them to break the law and appeal it later."
- Licensing Commissioner Roger Twomey
~June, 2005~

PAYING ATTENTION FROM PAGE 11

Lantigua had Spanish language radio and newspapers calling Devers an "Oreo cookie", a slur that means dark on the outside but white on the inside. Devers was accused of being an enemy of the Latino people and "worse than a white person" because he was "a traitor to all Latinos."

When Devers ran against Lawrence Mayor Mike Sullivan later that year, Lantigua endorsed Sullivan and cost Devers the election. It wasn't until five years later (2010), that Devers achieved elected office again by replacing Lantigua in the legislature.

In short, Marcos Devers took a very big hit to defend Roger Twomey against racism allegations by the fraud-father of Lawrence politics, Willie Lantigua. Here's the thanks he got ...

TWOMEY BECOMES MAYOR LANTIGUAS BIGGEST FAN

Despite Roger Twomey personally experiencing Lantigua's corruption first hand, you would think that as a city councilor he was a great watchdog over mayor Lantigua. But you would be wrong, we all were.

From the minute Lantigua took office as mayor in 2010, Twomey defied conventional wisdom and betrayed his own experiences to become one of Lantigua's biggest cheerleaders.

To name just a few; Twomey voted for Lantigua's $35M bailout loan, Lantigua's request to lay off 25 firefighters and 24 police officers, and voted to take Fire Chief Murphy's civil service protection away from him so that Lantigua could retaliate against Murphy for blowing the whistle on firefighter shortages.

Twomey also voted to support nearly every corrupt hack Lantigua appointed to a board, commission or department head position. One of whom has been convicted of a felony and another is currently under indictment.

EXCUSE ME MR. DEVERS IS THAT A KNIFE IN YOUR BACK?

Worst of all, City Councilor Roger Twomey has now jumped into the state rep. race between Devers and Lantigua making it a three way race in 2014.

Remember, Dan Rivera only beat Lantigua by 84 votes in a two way race just last year. With nearly 50% of voters still supporting Lantigua, how do you think he will do in a three way race? Especially with two candidates (Devers and Twomey) dividing the anti Lantigua vote?

Even if we gave Roger Twomey the benefit of doubt and say that he is not in this race to help Lantigua, that doesn't make Twomey's shameful quest for yet another government paycheck any better.

That would mean Roger Twomey is in this race to not only boost his own pension, but also to unseat the one man who made his political career (and pension) even possible. The one man who saved his reputation. The one man who paid the highest price for standing with Roger Twomey when he needed it the most, Marcos Devers.

If Willie Lantigua wins back his state rep. seat in November, we have only one person to blame for the future corruption that takes place, Lawrence City Councilor Roger Twomey.

As I type those words I can hardly believe it myself. But it is what it is. Lantigua is a master at manipulating week minded people with questionable moral character. And Roger Twomey has proven that he is both.

He may speak softly and tell a good tale, but Roger Twomey is a selfish fraud and a fool who is giving aid and comfort to the likes of Willie Lantigua.

If he is too dumb to realize it, maybe my readers should remind him when he knocks on your door looking for your vote.

Tell Roger Twomey he needs to drop out, and drop out now, or Lantigua will surely regain power and begin his next phase of revenge against all involved in him losing the mayor's seat, starting with Dan Rivera. That doesn't help anyone.

Shame on Roger Twomey for what he has done to the people of Lawrence.

Shame on him more for what he has done to Marcos Devers.

But he still has time to make it right. Our readers can pressure Twomey to do the right thing: drop out and show a unified front against Lantigua by endorsing Marcos Devers and ending Lantigua's political career once and for all.

Tell Roger Twomey it's time he 'walk the walk' after years of 'talking the talk' about what a moral man of integrity he is.

I, for one am not holding my breath.

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How Many Millions did Sir Donald Berwick get from LeapFrog?

Francis P MacMillan, Jr,
VALLEY PATRIOT MEDICAL COLUMNIST

Valley Patriot readers know about the LeapFrog Score fraud. LeapFrog is intimately associated with Dr. Lucian Leape and his close friend Sir Donald Berwick. Both are very close with Dr. Charles Denham whom Leape turned to when honest folks pointed out that Leape's Score is an unscientific fraud that kills Americans.

Leape and friends (Pronovost et al) wrote a paper in response that simply asserted that his Score is not mere snake oil, because the great Leape says so! Chuck Denham, the Editor-in-Chief, along with their other chum Dr. David Bates, also associated with LeapFrog, published it in their "peer-reviewed" 'Journal of Patient Safety.'

LeapFrog now advertises that it's score is the only "peer-reviewed" score on earth. By purchasing this score, hospitals can claim to be superior in quality, get more money from insurers, and attract more patients, like Brian Evans' mother, now DEAD.

(http://www.ncbi.nlm.nih.gov/pubmed/24080719)

Naturally Chuck's "Journal" failed to inform the public that Chuck was also an advisor to LeapFrog along with Leape and that both are affiliated with Harvard's School of Public Health - that noble body that lives for the public good and gave an award to Chelsea Clinton in time for 2016. Their other chum, Dr. Ashish Jha, provides blurbs and blogs extolling this "peer-reviewed" score while he also is affiliated with Leape, LeapFrog and Harvard. It is all one happy Harvard-LeapFrog family!

When you quote a study as validating your results, that study should not be written by yourself and published by yourself in your own "Journal."

Harvard calls that "peer-reviewed" validation but science does not. It is the definition of a conscious unscientific criminal fraud. Dr. Denham, Dr. Leape, Her Majesty's Sir Donald Berwick, Dr. Bates, Dr. Pronovost, Dr. Jha and Harvard all know this. They are all equally complicit.

All of this led to the question in the title because the Federal Govt. recently outed Dr. Denham for taking $11.6 MILLION in a corrupt kickback scheme that involved Chuck shilling for CareFusion's 2% chlorhexidine skin cleaner without telling anyone he got paid MILLIONS by them.

The Boston Globe, permanently 100% loyal to Harvard, naturally ran a puff piece on Chuck and willfully IGNORED this multi-million-dollar scandal.

How much did LeapFrog pay Chuck to print Leape's paper in his own "Journal" and save LeapFrog? Less than $11.6 MILLION? Surely not? The mind boggles!

The screaming question of course is - given that Chuck, Leape and Sir Donald Berwick are this close and are in each other's beds so to speak, how much did LeapFrog bribe Sir Donald Berwick to issue his official push as Medicare Chief, on US Government Letterhead, exhorting all American hospitals to purchase LeapFrog's Score?

US Government Letterhead does not come cheaply especially on behalf of some private company.

See that corrupt document here - http://www.flickr.com/photos/sclero-plex/9592457590

If recommending just a particular skin cleaner generates a kickback of $11.6 MILLION, how much did delivering the entire nation's hospitals to LeapFrog generate as a bribe?

$22 MILLION? $44 MILLION? The mind boggles!

After Chuck was outed by the Kansas Feds, LeapFrog issued a press release accepting his resignation. Tellingly the statement does NOT mention the fake paper that Chuck published in his Harvard "Journal" for LeapFrog, the paper that Leape, Pronovost and LeapFrog claim proves that their score is not a conscious unscientific criminal fraud.

Chuck stepped down from his Harvard "Journal" which has now been turned over to.... Dr. Bates! Happily control remains within the Harvard-LeapFrog family.

Chuck's $11.6 MILLION kickback wouldn't have been revealed if it had been left to the Boston Medicare Fraud Unit, Boston FBI Healthcare Fraud Unit or US Attorney. Brian Evans' mother's death proved it - both the State & Federal Investigator was the same man who instantly absolved the hospital. As I wrote to Inspector General Levinson, Boston hospitals need to bribe just one official, not even two.

The Boston Medicare Fraud Office occupies half of the top floor of the JFK Federal Building. Given that the Boston Office is a total waste of tax-dollars unlike those in Kansas and Florida, the real estate itself (16000 sq. ft) is an additional waste of expensive space. Given that they do not care about dying Veterans and War Heroes, they naturally do not care about ordinary Americans like Brian Evans' poor mother.

Just as the case of Roger Wheeler (murdered by Bulger) survived solely because it involved FBI Offices in Oklahoma and Florida, Chuck's kickback was revealed by the Kansas Feds. Though Chuck's "Journal" is published at Harvard and Leape lives here, the Boston FBI is AWOL.

The next step should be to throw all these frauds into Federal prison - Denham, Berwick, Leape, Jha, Bates, Gawande, Pronovost, Robert Wood Johnson Foundation - who know exactly what is going on. Thankfully we still have 49 other States and US Attorneys!

BRITTANY: FROM PAGE 10

depends on what the company is and if they like your look, your outfit. If you are dressed more scantily clad, you are going to get paid more. If you are just in a t-shirt and shorts, you are going to get paid less."

Brittany says that there are a variety of marketing companies she signed up with online, sending emails and photos, promoting herself and trying to get her name out to as many people in the industry as possible. Though she says it was hard work and persistence she also admits you have to be lucky.

"For me I feel like it was fate and luck. People liked my look and I started getting hired in every job I tried for. Once I got the first job it was like the guy on Wall Street, I just kept getting more and more jobs.

So what was your first TV show?

"The first TV show I did was in 2010. I was a junior in college. It was on MTV and it was called "Is She Really Going Out With Him?" That involved my (now) ex and a ton of his friends and a ton of my friends and actually took place here (at her home in Methuen).

"They followed us around for a couple of days and made an episode about it. It was a one-episode thing and it was a lot of fun. But I got that job from a casting, we just tried out and they liked us and we got booked for it.

Brittany says that young people interested in acting and modeling should look for opportunities on-line. "You can go on MTV.com or VH1.com, but again a lot of it is word of mouth. I have a lot of casting directors who follow me now on Facebook, and that's been a great resource. There's Boston Casting too. It's a free sign up and you will get casting sent right to you. I actually got my mom cast in gigs back in the day. When Adam Sandler comes here for movies, when they are looking for extras, they will send out a casting for say, kids 18-30, you can submit for that and possibly get booked on a movie set as an extra. Once you get that one job it's like a domino effect. They keep you in mind."

Next Month Part II Brittany lands "Come Alive" and talks about her first job in movies.

JERRY VALLEY: FROM PAGE 31

just a bit of discomfort. The event was successful and was on the front page of the Lawrence Eagle Tribune.

I was called in to do a painless childbirth in a Worcester Hospital at 4am some years ago. I had previously hypnotized this lady and got her prepped for the delivery of her baby. We decide that she would imagine herself in a beach scene and completely divorced herself from the procedure.

While the doctors and nurses went about their procedure, I sat next to the lady and talked her through an imaginary beach scene. What I did is to train the person to make her body numb and anesthetic from her waist down through her knees. It is similar to the numbness that you feel when a dentist has injected your gums with Novocaine. She felt very comfortable until the last few minutes of delivery whereby the doctor gave her a very minimal injection of a local anesthetic. Local anesthetics can be used in conjunction with hypnosis at any time during the procedure.

This made the front page of the Worcester Telegram with this title "HAVING A BABY IS LIKE SPENDING THE DAY AT THE BEACH."

Recently, I had a lady who called and told me that her 17 year old daughter was planning on attending college and needed to have some blood work done. The problem was that her daughter was terrified of needles and would have a panic attack by just looking at one. She could never tolerate a syringe piercing a vein in her arm.

The mother came to my office with her daughter (a client under the age of 18 must be accompanied by a parent or guardian). After testing, I decided that she would be a very good subject and, in the interview, could not discover why she had this needle phobia. My conclusion is that it was a "Surface-not deeply seated problem".

Before I proceeded with the hypnotherapy, I showed her a syringe and she started to panic which I quickly attended to and she calmed down as I put the needle away.

While in the hypnotic state, I gave her suggestions to be more confident, to have no fear of needles because the needles actually would help her get whatever needs to be done for college. I told her that she would be so confident that she could actually watch the needle go into her vein and would experience no more than a tiny "pinch."

Upon emerging form the hypnotic state, I presented a needle and she not only held it, she took the cover off and touched the shaft itself. The mother, who watched the entire session, was amazed. The daughter was cured and no longer has that phobia.

I had a lady client who had esophagus cancer and could not eat solid foods….only liquids.

After the session, she went home and her sister called and told me that she was able to eat some toast and coffee……they we thrilled. I was thrilled for her also.

If anyone needs a surgical procedure, remember these words: " I FEEL CALM, RELAXED, CONFIDENT, REFRESHED AND SLIGHTLY HUNGRY." This will negate most patients coming out of anesthesia and being nauseas. You cannot be nauseas and hungry at the same time.

THIS HAS WORKED FOR MANY OF MY CLIENTS.

To contact Jerry Valley you can email him at Jerryvalley007@aol.com

MOTIVATION: FROM 30

Veggies – Fresh fruit and vegetables will give them energy and keep their abilities to concentrate up. There is nothing worse than trying to motivate a child that has just had a big pasta meal or a load of sugar. That's a crash and burn course for sure.

Rule #6: Stay Organized - Encourage your child to keep their pens, pencils and notebooks organized in a tidy fashion. They will be able to find their homework assignments easier that way. Try organizing their subject notebooks by color or labeling the covers of their books by subject.

Rule #7, Offer Support- Every child has their strong areas and weak areas. We as parents are all tempted to do their work for them just to get through it but this is a big no-no. Reinforce to your child that you are there for them when they get stuck on a math problem or need help understanding a question. Teaching them to take responsibility for their work at an early age will only carry on with them as they grow.

Rule #8, Break Out The Calendar - In our house, we have a countdown method. We cross of the days on the calendar as the latest school day is over. Everyday it seems to motivate my son to get his work done.

Rule #9, When In Doubt, Promise Ice Cream - Only use ice cream as a last resort. If you child is really struggling that day, promise to take them out for ice cream if they get all of their work done. I am a firm advocate of a little bribery every once in awhile.

If you are like me, you are counting the days until schools end. Waiting for the beach and yearning for the mornings that I can sleep in a little later. We must stay the course however for our children and lead by example.

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MOORADKANIAN: FROM 1

and empires, he realized that the underlying cause of many wars is the clash of opposing ideologies, conflicting worldviews based on religion. Christianity vs. Islam. Our Creator's inalienable rights given to man vs. a godless society's totalitarian control. The dignity of man vs. the dehumanization of man. Democracy vs. dictatorship. He understood, as only an historian can, that the erosion of freedoms in America stems not from fiscal policies but from the lack of absolutes in moral values and distortion of the Truth. He had seen the pattern all too well in nations where that erosion began with small, imperceptible steps. Below the radar. Until the noose was tightened. "Liberty," he knew, demanded "eternal vigilance."

And so he became a watchman on the wall, a sentry at the gates in the battle for the soul of America. He firmly believed "To be forewarned is to be forearmed." He warned of the influence of the radical Muslim Brotherhood in the Obama administration and the dangers of permitting Sharia law in America. He denounced the shredding of our Constitution by President Obama. "Listen! Listen! Listen to the alarm!" he urged. "The bugle has sounded! Islam says, 'Slay the infidel if he refuses to convert.' Christianity says, 'Love one another.' This is a religious war! Let us stand fast together, for the Truth will always prevail."

PATRIOT COUNSELOR

Richard was a patriot, proud of America and everything she stands for. He was an articulate spokesman for the Truth. A silent warrior. A humble man. His quiet strength came not from himself, which would have failed him—but because he stood firmly on Christ the Solid Rock. And he never wavered.

When I began writing these columns, he became my strongest supporter.

His wise counsel helped me get interviews with several WWII veterans reluctant at first to open up because they had "no heroics" to report. "Tell them," Richard urged me, "they were WILLING to sacrifice their life for our country. Where they eventually ended up, whether in combat or not, was something they had no control over. What really mattered was the attitude of their heart."

Some colorful anecdotes came as a result—the hilarious antics of the gooney birds on Midway Island, the carrier pigeons delivering messages on New Guinea, and the infamous "40 and 8" boxcars that transported troops to and from the front lines in Europe. It was gratifying to see the veterans' joy when their contributions were recognized.

For Richard, self-sacrifice had always been paramount. It was the measure of a man. Richard sacrificed himself for others. This grew out of his deep commitment as a follower of Jesus Christ. He generously gave of himself, his time, and his resources to those in need. Without fanfare.

Richard understood the heart. His words brought healing.

"When veterans say, 'I just followed orders. Nothing extraordinary,' tell them: 'In war you see only a small piece of the whole picture. You were given an assignment, and you completed it. Even when you didn't understand. You were faithful.'"

Or invariably, they compared themselves to others. "Tell them, 'You have a story to tell, one unique to you alone—your eyewitness account. Your sacrifice will never be forgotten. You answered the call. You were committed. You played a crucial role in the liberation of Europe.' "

At this, their stories began to flow! The healing had begun!

SHAPING OF A WARRIOR

After Richard finished his training with the heavy artillery, he developed a severe reaction to Army chemicals that was potentially life-threatening. As a result, instead of shipping overseas, he was reassigned to the Medical Corps as a medical-dental specialist, where he discovered his life's profession. Following his Army discharge, he returned to Brown, graduated, and then entered Tufts Graduate School of Dentistry. After receiving his degree, he practiced in Boston's Back Bay and served as a clinical instructor at Tufts Dental for 45 years.

Dr. Richard Mooradkanian, U.S. Army, served at the end of the Korean War, first in heavy artillery and was later reassigned to the Medical Corps as a medical-dental specialist.

The spirit of freedom runs deep in man's spirit. In Richard's DNA, it was a forceful current. One grandfather barely escaped the Turkish massacres of Armenians when he fled in the middle of the night, with his family, with only the clothes on their backs. Somehow they secretly reached Le Havre, France, where they boarded a ship for America and freedom. Our other grandfather "understood the times" and sent his family, one by one, to America before finally coming himself. Members of our extended family survived Turkish death marches, rescued by American missionaries. Family members served with the U.S. Army in WWI, WWII, and in the Korean War, near the Demilitarized Zone (DMZ).

REPUBLICAN OF THE YEAR AWARD

On April 23, 2014, in a special ceremony during its annual event, the North Andover Republican Town Committee recognized Richard posthumously for his contributions. Chairman Charles J. Gangi awarded him the "Distinguished Title of 2013 Republican of the Year"

"…for his unselfish dedication to the Republican ideals of individual responsibility and limited government. In his quiet manner, Dr. Mooradkanian generously supported Republican candidates with his time, energy, and resources. Local Republicans in office today can attest to his commitment in advancing a Republican presence in a state long dominated by the opposition party.

"Dr. Mooradkanian was a genuine patriot who served in the U.S. Army during the Korean War and was always proud to express his love for country. He was a true gentleman who promoted his positions with logic and facts and figures that were hard to refute. He was an immensely positive force for Republican principles."

Today, freedom's call rings out loudly as in 1861, when Julia Ward Howe roused a nation with "Battle Hymn of the Republic." She wrote: "He [God] has sounded forth the trumpet that shall never call retreat... Oh, be swift my soul, to answer Him! Be jubilant, my feet!...As He [Christ] died to make men holy, let us die to make men free, While God is marching on. Glory! Glory! Hallelujah!...His truth is marching on."

Helen Mooradkanian is our Valley Patriot Hero columnist and a former business writer. She is also a member of the Merrimack Valley Tea Party, You can email Helen at hsmoor@verizon.net

The VA Hospital, Memorial Day and More

John Lenotte
VALLEY PATRIOT VETERAN COLUMNIST

I am sure that most of you are aware of all the problems with the VA Health Care System.

This has been all over the news for the last few weeks including the resignation of VA Secretary Shinseki. I will give him credit for his outstanding military service. But he did not fare well as Secretary of Veterans Affairs. However, he is not the only one at fault. There are MANY others who have lied, falsified information, all so they could keep their jobs and some even got a bonus! The tragedy is in how many have died and how many will suffer needlessly because medical appointments were not scheduled in a timely manner.

This is an underlying issue that has gone on for some time. You can read the information yourself in the interim report from the Office of the Inspector General at: http://www.va.gov/oig/pubs/VAOIG-14-02603-178.pdf. Additional information and links can be found on the American Legion national site at: www.legion.org. Of course there are a lot of good, dedicated staff within the VA medical system. It needs to be reorganized and effectively managed. Some staff just outright need to be fired.

A related concern is the processing of VA claims. In December of 2013, The American Legion challenged the VA's statistics for claims processing accuracy at its regional offices (VAROs), which stands at about 90 percent. The Legion testified to Congress on Dec. 4 that its own research indicated accuracy rates for claims processing at many VAROs were substantially lower.

For example, out of 75 claims files reviewed last March of 2013 by the Legion at the Baltimore VARO, 48 of them were found to have errors or were improperly developed – an accuracy rate of only 36 percent. At the Oakland, Calif., VARO, 26 of 36 claims examined in May had similar problems – an accuracy rate of 27.8 percent. Again, another area of the VA that needs to be reviewed and corrected. Additional information is available at: http://www.legion.org/veteransbenefits/218057/va-claims-question-accuracy.

Our veterans in need deserve much better treatment from our government. As noted, these issues are not new. It is about time that the government, including Congress, addresses these issues. Congress has oversight and must take action. The VA Management Accountability Act, which would make it easier to fire incompetent officials, was approved by the House and sent to the Senate. The Senate chose to kill the bill. All concerned citizens need to contact their US Senators and members of the House of Representatives to get this or a similar bill enacted.

Let us remember that 70 years ago on June 6, 1944, the Allied invasion of France began at Normandy. The Allied forces went on to defeat the Axis powers. Do your children and grandchildren know about this event and what followed? Do they even know about World War II? What I see on the news and even in talking to some of today's youth is scary. They do not know much about US History. And we live in Massachusetts where the original tea party was held. And the "shot heard around the world" on April 19,1775 at the battles of Lexington and Concord. You may or may not like history but we are all part of history as we live our daily lives. We owe a large debt of gratitude to our World War II veterans. Personally I think a big thank you is due to those who are still with us.

Going back a year, it is appropriate to again ask ourselves: Flag Day. What is it all about? Why should we care?

According to Wikipedia, Flag Day commemorates the adoption of the flag of the United States, which happened that day by resolution of the Second Continental Congress in 1777. The United States Army also celebrates the Army birthday on this date; Congress adopted "the American Continental Army" after reaching a consensus position in the Committee of the Whole on June 14, 1775. In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day; in August 1949, National Flag Day was established by an Act of Congress.

In 1989, the U.S. Supreme Court ruled that burning the flag was permissible under freedom of speech.

As noted on the American Legion national website, www.legion.org, an amendment giving Congress power to prohibit the physical desecration of the flag of the

United States., H.J. Res 47, was reintroduced in the House of Representatives by Rep. Spencer Bachus, R-Ala. The resolutions reads, "The Congress shall have power to prohibit the physical desecration of the flag of the United States."

I would urge all of you to contact your Congressional representatives and ask them to sign on as co-sponsors of H.J. Res. 47. If they already are co-sponsors, please thank them for their support of the amendment. In past years, Representatives Lynch, Neal, Keating and McGovern have supported this bill. But why? Some say it is just a piece of cloth. Yes, it is a piece of cloth. But it is the symbol of our nation. It flies not only on government and military installations but many of us have it at our homes. It is a symbol of hope, freedom and democracy. And those who are against it burn it in the streets. Since 1776 it has been our symbol. Countless men and women have fought and died for "Old Glory". When veterans are buried, it covers their casket and is later presented to the family, "on behalf of a grateful nation". The stars and stripes represent who and what we are as a nation. And I along with many of you believe this is the greatest nation on this earth.

Please join me in making our voices heard to our local, state and national elected officials. May God Bless our troops and their families.

John Lenotte, Commander American Legion Post 4 Haverhill, Past Department Commander.

John Lenotte is the recipient of the 2012 Valley Patriot Hero of the Year Award and is Commander of the Wilbur M. Comeau Post 4, Haverhill MA; Past Department Commander, of Massachusetts The American Legion; contact: JohnLDistrict8@verizon.net

RODRIGUEZ: FROM PAGE 13

of Workforce Development, Department of Unemployment Assistance. There she decided benefit eligibility determinations based on Massachusetts Unemployment Law. As an Adjudicator, she always strived to provide accurate decisions based on fact and law, since she understood the potential impact on the claimant and how essential these benefits were for the survival of struggling families. She was able to learn the law and understand what areas need legislative improvement. She has also worked as a part-time Law Librarian for six years at one of the Massachusetts Trial Court Law Libraries. There she provided reference and information services to judges, lawyers, and the general public by researching and retrieving legal materials which entailed utilizing a comprehensive knowledge of legal bibliography and general reference sources, such as codes, statutes, and regulations.

Doris had also previously worked for the City of Lawrence as a Compliance Officer. There she developed networks, built alliances and acted as the liaison with other departments, organizations, and federal, state, and local agencies to ensure compliance within the City and achieve common goals. She implemented program compliance requirements as required under the U.S. Department of Housing and Urban Development's Code of Federal Regulations and ensured program activities utilized funds appropriately. During her time with the City of Lawrence, she also coordinated and managed to bring the city $3 million to make the city's housing stock a healthier living environment for families and their children. Her application has been used as the blueprint for additional funding throughout the years.

A product of the Lawrence Public School system, Doris has found herself giving back to her community by becoming involved at the school level. She has been serving as the President of the Lawrence High School, Humanities and Leadership Development, Parent Teacher Organization for the last two years and has also served as an interim board member for one of the local charter schools, Lawrence Family Development Charter School.

Personally, Doris is a proud Mother of three beautiful girls, ages 5, 8, and 18. She states that she is blessed with having a big supportive family, including her younger children's paternal family, who are of Puerto Rican descent. She is also a dance mom, pageant mom, and now a military mom as her 18 year old recently enlisted in the National Guard in honor of her deceased father, who served in the Armed Forces.

Doris will be holding four Meet & Greets, one in each community. The first will be on Sunday, June 8, 2014. If you are interested in finding out more about Doris Rodriguez and her agenda, you can visit her page at www.VoteRodriguez.com or on facebook.com/VoteDorisRodriguez. Inquiries and contributions can be mailed to Committee to Elect Doris Rodriguez, P.O. Box 471, Lawrence, MA 01842.

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